



# RMAC News

Quarterly Newsletter

Raw Milk Association of Colorado

Issue No. 4 -- Summer 2009

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## DreamAcres Holds Up to Its Name

If you have never been out on highway 105 north of Larkspur, you should. Beautiful rolling terrain and lush landscape with quaint farms... you get the idea. It is a favorite among cyclists and now is a favorite of mine.

DreamAcres Ranch, LLC is a small 5 acre family farm in Sedalia, about 10 miles west of Castle Rock. Suzanne runs the farm with help from her husband, Kurt, and children, Claire and Chad. With Suzanne's background



in Certified Fitness Training/ Nutrition/Wellness Support, studying under Mr. Tom Platz and Dr. Cha Dikito Platz, she knew that farming would be a good fit for her. "An inner voice from God was telling me that farming was something that I needed to do," says Suzanne. But when her son, Chad, became asthma compromised, she jumped into action. "I knew what he needed was natural raw foods, we all did for our own health concerns," says Suzanne. They started the farm with laying chickens the first year and added dairy does the second. The family's newest additions include house cats, barn cats, a dog, a horse, a pair of ducklings and a guardian donkey.

Sophia, Kate, and Chaos are DreamAcres' resident Nubians does. Each morning and evening, the does are milked using an enclosed vacuum system. Content to hang around in their home corral, Suzanne shoos the herd into the field to graze and browse in the native dry land pasture grasses. The does are joined by the six remaining kids birthed this spring, the resident horse and the family dog. The doelings retained this year are planned to increase the herd size of milking does to seven. Suzanne's goats are rotated on pasture and fed alfalfa as well as grain (containing no soy, no wheat, and no corn) at milking time. She also uses herbal remedies for the goat's ailments and deworming.

Suzanne is grateful that everything on her farm has a production purpose. In keeping with that, she uses the excess goat's milk to make homestead soaps, kefir, ice cream, pudding and baked goods. The excess is fed to the chickens





for added protein. The family has also planted a garden and added fruit trees to provide shade to the goats once mature. Dream Acres Ranch also offers farm fresh eggs when available to their shareholders and takes orders to make handmade goat's milk soap.

DreamAcres is a labor of love for Suzanne, and it shows. "It gives me great appreciation and pleasure to give back to God, by sharing with other

mothers and families that are not able to do this farming for themselves." Her passion for homesteading is infectious.

"My dairy farming, Great Uncle Mac, once told me... 'Suzanne, you will never get rich being a farmer... but one thing for sure... you will ALWAYS have something to do.'" "And, what a great joy of productive doing farming is."



**RMAC Profile: Suzanne Erick**  
Late 2008, Suzanne, already a raw milk producer member, was prompted to apply for a board position with RMAC. She accepted the prompt, applied, and in early in 2009, was elected to become a board member. Shortly after, she stepped up to the plate and become RMAC's Secretary.

For more information about DreamAcres Ranch, their herd-sharing program and to obtain raw goat's milk, please contact Suzanne at (720) 234-2330.

**Great Jersey Family Milk Cow**

I have a great Jersey family milk cow for sale. She is a good producer at about 7 gallons per day. She is due to calve in late July. 6 years old. Would like to get \$1300 for her. Call David at (719) 395-5814.

**SEE YOUR AD HERE**

If you have a product or service you would like to advertise in this quarterly newsletter, we would love to place it for you. The cost is \$.25/word. Email Blair at [info@rawmilkcolorado.org](mailto:info@rawmilkcolorado.org), and she will get you set up.

**Windsor Dairy Outpost - Raw Milk Speakeasy?**

Drs. Arden Nelson, DVM, and Meg Cattell, DVM, (Windsor Dairy) also host a weekly booth at the Boulder Farmer's market, selling raw cheeses and signing up shareholders.

Arden told me about the new Windsor Dairy Outpost, room #321 at the Boulder Outlook Hotel, Friday's from 1pm - 7pm, where you can buy raw cheese, pick up your milk, buy a share, or just join in the raw milk Speak-Easy. All raw cream and cheese nuts - meet me there!

Dr. Meg Cattell (RMAC's Herd Health and Milk Safety Advisor) will be a guest speaker at the 2009 WAPF Wise Traditions Conference near Chicago this November. Go and cheer her on!!!

<http://www.westonaprice.org/conferences/2009/index.html>



**RMAC elects new Consumer Representative to the Board**

Todd Rymer (pictured right), was elected as a new Consumer member to the RMAC Board at our September 21st meeting. He is developing a new degree program in Sustainable Cuisine, and is co-leader for the Vail Slow Food chapter.



**Website**

Our website is coming together, thanks to web designer John Langlois and our producers, who patiently served as our test team getting registered and reporting problems. We now have PayPal options and will be adding more producer and consumer resources soon, as well as a FAQ file and the resources listed in the Campy article...Send money! Web development isn't cheap. Help us improve and grow!

**Certified Dairy Standards**

The Cow and Goat Standards Committees are working on standards for RMAC Certified Dairies. We will hear from them at our next Board meeting.

**Interesting Articles and Links**

*Up to date information on the status of HR 2749 can be found at the Farm-to-Consumer Legal Defense Fund website.*

<http://www.farmtoconsumer.org/aa/aa-18june2009.htm>

*With the price of grain remaining high and a drop off in organic milk sales, many dairies that entered the organic milk market are losing their shirts. To survive, farmers are going raw, selling directly to the consumer, and diversifying!*

[http://www.businessweek.com/smallbiz/content/jun2009/sb20090619\\_458263.htm](http://www.businessweek.com/smallbiz/content/jun2009/sb20090619_458263.htm)

*For Dairy Farmers, the Depression is here.*

[http://www.organicconsumers.org/articles/article\\_18257.cfm](http://www.organicconsumers.org/articles/article_18257.cfm)

*The Massachusetts Chapter of the Northeast Organic Farming Association conducted a survey of all the raw milk farmers in the state to get a clear picture of the industry.*

<http://www.nofamass.org/programs/organicdairy/pdfs/RawMilkinMassachusetts.pdf>

*The Pesticide Action Network has a list of foods and the corresponding pesticide residues found by the USDA.*

<http://www.whatsonmyfood.org/pesticides.jsp>

*The Healthy Ways Newsletter*

[http://www.coconutresearchcenter.com/hwnl\\_6-3.htm](http://www.coconutresearchcenter.com/hwnl_6-3.htm)

*To make sodic soils more productive, waste products from cheesemaking may be the whey to go.*

[http://findarticles.com/p/articles/mi\\_m3741/is\\_n3\\_v40/ai\\_12438565/](http://findarticles.com/p/articles/mi_m3741/is_n3_v40/ai_12438565/)

*The CSU Extension has a fact sheet on diagnosing saline and sodic soil problems.*

<http://www.ext.colostate.edu/pubs/crops/00521.html>

*Can't find the perfect garden tool? Make your own!*

<http://www.chelseagreen.com/content/cant-find-the-perfect-garden-tool-make-your-own/>

*Organic Consumers Association has an article on how to withdraw from the NAIS database step by step.*

[http://www.organicconsumers.org/articles/article\\_18249.cfm](http://www.organicconsumers.org/articles/article_18249.cfm)

**RMAC's Presence in the Ag World Recognized**

In May, RMAC received an "invitation only" request to attend a NAIS roundtable discussion with Secretary of Agriculture Tom Vilsack. **Board Member Jon Erickson (R Patch O'Heaven, LLC)** represented RMAC and raw dairy producers, RMAC's NAIS position statement as well as made it clear that we would seek exception legislation for small farms if NAIS were mandatory.

Connecticut called, asking if they can get our help setting up their own raw milk alliance.

Also, I'm getting solicitations from dairy test labs in Colorado who wouldn't give us the time of day 2 years ago – as well as overseas companies looking for exclusive sales rights to raw cheese...

David Gumpert blogs about how bad economic times might well tip the scales in favor of less restrictive regulations about raw milk sales and distribution, unless conventional dairies completely disappear. Was it all about money, and not public safety?

<http://www.thecompletepatient.com/journal/2009/6/5/the-growing-dairy-industry-calamity-may-be-making-raw-milk-a.html>

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## The Search for the Family Cow

*By Tawina Uptain*

It all started with a vision. My husband, Travis, and I had read books that painted a picture of a serene little farm, a group of family cows that provided milk and cream to the neighbors, chickens roaming free and producing eggs to sell at the farm stand, and bread and cheese also made on the farm. We both knew that with today's laws it would be a little more complicated than that. So we decided to start a raw milk dairy and enjoy the quiet farm life we pictured in the books. Our plan seemed easy: pick a breed, make some calls and find a family cow. Boy, were we wrong!

We started the venture off with research. We knew we wanted a surplus of cream and a gentle, easy to manage cow. The path led to either a Brown Swiss or a Jersey. With that decided we figured we must be halfway there. We made some calls and had high hopes of finding a cow within a week.

Two months went by and still no cow. After searching diligently, an acquaintance told us that her friend had two nice brown swiss heifers. We made the call and were on our way. When we pulled up to the corrals, we were surprised to see a pure black, aged heifer and her nearly grown holstein bull calf still nursing. But, we pressed on to have a closer look.

The cow bolted as soon as we walked her way. She hadn't been milked by hand for a long time and when she was, she was put in a calf shoot so she couldn't kick.

At that point we were taken out to meet her daughter in the pasture with all of the other beef cattle bought from various sales around the county.

The gentleman told us it was a good sign that she let him walk up to her in the field. When I asked about another cow in the pasture that looked like a jersey, I was told we could make a deal for her as well.

He didn't know what breed she was, but the price would be the same for all of them. He would sell them to us for the price of beef cattle. Needless to say, we left very discouraged. Our next move was to find a less than perfect cow at a commercial dairy. We learned that commercial dairies cull cows that are producing less than the desired amount and sometimes you can find a good cow in the bunch. So off we went. I remember the day well--rain and mud covered everything. Many of the cows were old and

crippled. It broke our hearts. Needless to say, we didn't have any luck.

What we saw at the dairies made us venture in a new direction of research into the dairy industry. We discovered that most dairies "wear" out a cow in a few years from excessive milking and hazardous living conditions. Very few cows get to roam around pasture or receive adequate care.

We consulted Travis' grandfather, Wilford Uptain, who has been farming and ranching in Dolores, Colorado since 1948. He was happy to share the stories of yesteryear. He told of strong cows free of hormones, living life to a ripe old age. He stated that family cows were easy to come by; although most were not purebred, they were hardy, good animals that rarely had the problems that we have in dairy cattle today.

Thankfully there are still many small family run dairies that manage things more naturally. Most of these dairies are willing to make less to produce a better product and have happier cows. Our final stop was a dairy much different than the last. It was a rBGH free dairy, with fewer cattle and old-fashioned farm management. There



we were given a choice of some jerseys that the owners were willing to part with. We were offered a fair price and made our pick, "Dixie."

Dixie came home and for the first time in her life she was on a farm! That night we counted down the seconds until we could go out and lead her into the stanchion and milk her for the first time. Finally we got our chance. Travis headed out to the corral and Dixie jumped over the fence and was now on the loose, in the dark of the night. We called our neighbor and rallied reinforcements. An hour later we returned her into the stanchion. Luckily she hand-milked beautifully, so now we just needed to train her to be a family cow. We haltered her and worked

with her day after day. We were patient with her and she was patient with us. Her name was changed to "Lucy" due to her tuft of fuzzy red hair. She knows the sound of Travis's voice and comes into the stanchion when her name is called. She is now a family cow. We learned a lot from this journey. Our goal now is to raise family jersey cows. We've always been raw milk advocates, but what we learned taught us that raw milk is not just about the enzymes or vitamins. It's also about the quality of life for these generous animals. Supporting raw milk is a way of bringing back the family cow--a strong, sustaining, and giving animal, and a friend to the farmer and the consumer.

**RMAC Board adopts NAIS position statement**

Written by **Doug Wiley, RMAC VP, Larga Vista Ranch**, and endorsed by all board members, it states:

We believe existing systems for identification of livestock, including brands and tattoos, are effective for disease control, and changes to optimize existing systems can be accomplished by state authorities without implementation of the National Animal Identification System (NAIS).

The implementation of the NAIS – whether by federal or state governments – raises concerns about the impact on private property, privacy and the ability to conduct business, therefore we oppose any government action that funds or mandates premise registration and individual or industry participation in the NAIS.

**Food Safety Bills and NAIS**

Sorta great news on NAIS – funding was cut in half – to \$7 million. The only halfway lucid economic decision made so far on agriculture Let's stop it altogether.

Scary news - The current bugaboo bill to stop is HR2749 – it's on a fast track through congress. The House passed it with a few minor improvements and it's now bound for the Senate. Some large industries love it but it's a poorly written bill that leaves small producers subject to some very restrictive, punitive regulations. See alarming provisions here:

[http://www.ftcldf.org/docs/hr2749\\_talkingpoints.html](http://www.ftcldf.org/docs/hr2749_talkingpoints.html)

I know this is a tiresomely redundant request, but please stay on them, help stop this bill!

**Cheese-making classes**

by Julie Schondel  
(God Show Ranch in Parker)

Soft Cheese

with supplies \$25,  
without supplies \$15

Hard Cheese

without supplies \$40  
Supplies will not be provided,  
but Julie will see about  
having them available for sale.



There will be a limit of 25 people ages 12 and up.

Next class in September.  
Please call or e-mail Julie for details.  
godshowranch@q.com or  
303-690-2437



**April - Campylobacter Outbreak on the Western Slope**

By Scott Freeman and Blair McMorran

**“Reportable Disease” and the Media**

In Late March and early April this year, the Colorado Department of Public Health and Environment (CDPHE) reported that 11 people from 6 counties on the Western Slope had Campylobacter (a reportable illness causing severe stomach cramps and diarrhea). Eight of those 11 who became ill drank raw milk from Kinikin Corner Dairy in Montrose, prompting CDPHE to issue a health alert attributing raw milk as the cause, citing ‘statistically significant’ data as the reason.



On Friday, April 3rd, a shareholder notified Scott Freeman, owner/operator of Kinikin Corner Dairies in Montrose, that

he had gone to the Emergency Room and had a positive stool sample for Campylobacter, and had answered ‘yes’ to the question “Have you consumed raw milk”? He told Scott that the ER staff “jumped on it right away, saying that was what the problem was,” and he should get the results back on Monday.

Once a health alert was issued, Associated Press and other news sources broadcast articles citing Kinikin Corner Dairy as the source of the outbreak. Local TV networks and national blogs picked up this thread, and Scott Freeman, one of our RMAC producer members, was suddenly thrust onto the national stage and the raw milk controversy.

**...Meet The Raw Milk Community**

He and his shareholders demonstrated courage and resolve to defend their right to choose. They wrote to local newspapers and commented on blogs. Scott wrote several lengthy posts, describing his experience about the attitudes in play, the potential exposure on his farm, the media coverage, and shareholder support.

We’ve never seen an incident handled as well as this one. The open dialogue and shareholder support was commendable. The media did well too – for the most part — providing balanced and informative pro and con viewpoints. Credit goes to Scott Freeman for his calm co-

operation and open disclosure with CDPHE, RMAC, the media, and his shareholders, an educated community who doesn’t bow to fear-mongering. The anxiety, unfounded accusations, and us-vs-them polemic that typically unfolds in outbreaks attributed to raw milk was restrained, and instead became a valuable learning experience for all of us.

The local health department was at first respectful and polite, presenting their suspicions that raw milk was the cause. It seemed that they had little experience with raw dairy, and were lacking protocol in dealing with this situation; their expertise was with restaurants and other processed food. There was, at the same time, an intestinal ‘bug’ running through Western Slope communities, keeping kids out of school and having similar symptoms as Campy (see sidebar on Campylobacter). Nonetheless, on April 7, they issued a “Cease and Desist Order” to Kinikin Corner Dairy.



Scott had already notified his shareholders of CDPHE’s concerns, and the vast majority still wanted an uninterrupted supply of milk, and were concerned that Scott was unfairly targeted. However, they complied with Scott’s request to wait it out. Scott was interested in having CDPHE lift the Cease & Desist order and resuming operations before challenging CDPHE’s actions.

Some shareholders were ready to do legal battle with CDPHE on the grounds that they had no right to interfere with a private contractual agreement. This was complicated by the fact that a few had shared their milk with non-shareholders, allowing the milk to enter the public domain, which is CDPHE’s responsibility. Pete Kennedy, President of FTCLDF advised us not to pursue legal action on those grounds.

**Cottonwood Creek Process Improves Milk Test Results**

By Amye McMillin



We started Cottonwood Creek Dairy in May of 2008 on a shoestring budget and very little infrastructure. Our milking system consists of one bucket milker and a portable electric vacuum pump. We bring one cow at a time into a little shed with a concrete floor and a head stanchion. When the bucket is full, we pour the milk into milk cans and continue with the 4-6 cows we are milking at any one time. The milk cans are wheeled on a cart, across the driveway, to the “milk room”. There the warm milk is filtered, bottled and placed in a chest freezer converted into a water bath. It is all very low tech and labor intensive, but we see it as a temporary set up until we secure a permanent home for the dairy and it is worth investing in more infrastructure like a parlor with a pipeline and bulk tank.

We have struggled with some high coliform counts in the first months we were testing and did a number of improvements over time to address this problem. First, we got a better water bath, equipped with a water pump to speed up the chilling time of the milk (thanks Alicia!). Still our counts were coming back high, so I looked into our cleaning routine. We cart out a bucket of hot soapy water and one of acid rinse to the milking shed and suck the soapy water through the claw into the bucket to clean out the lines. We then follow with the acid rinse. Still I

noticed some areas, like the pulsator adapter part where it sits on the lid of the milking bucket, where milk residue build up was occurring. I addressed this by taking the whole contraption apart once a week, scrubbing it down and soaking in acid. After a consultation with Don Bade of Microbial Research, we began cleaning out our teat dip container everyday because he said that some bacteria could still survive in teat dip.

The final change I have made to our cleaning routine has been adding the use of Hydrogen Peroxide (H2O2) to our sanitizing rinse. We purchased some 35% H2O2, diluted it to 1-2% strength and sanitized all the equipment prior to milking. I have recently done some research that says that H2O2 is not an officially-approved sanitizer because it will not kill all bacteria, including Listeria. Other sources I’ve found dismiss this claim as chemical company propaganda. Hydrogen Peroxide completely breaks down into water and oxygen when in contact with bacteria, leaving no residue like other cleaners, and is 100% environmentally safe. One other word of caution that I got regarding this issue is that since H2O2 is an oxidizer and kills bacteria by tearing cell walls apart, it is important to not get it in the milk because it could damage the milk solids and possibly create free radicals in the milk.

The improvements in the last couple months test results have been amazing. I certainly credit the improvement to our sanitizing routine. It also helps that the cows are out on clean fresh paddocks every day and their udders stay nice and manure-free.

I would love to hear of more research on this issue, but for now, I think that letting all the equipment, especially milk lines, soak in H2O2 on a regular basis will really help remove any bacteria and milk stone build up in those hard to clean places. Please contact me at [amyemcmillin@gmail.com](mailto:amyemcmillin@gmail.com) with any more information or experiences you have had with hydrogen peroxide.

**Understanding Milk Tests**

ON-Farm (w/vet) Johnes testing in 25 minutes.

<http://www.johnes.org/handouts/files/onfarm.pdf>

Article about on-farm testing & treatment of sub-clinical mastitis

<https://www.msu.edu/~mdr/vol13no3/sears.html>

Article about Total Coliform Count – what it does and doesn’t show.

[http://groups.ucanr.org/UC\\_GAPs/Elimate\\_Fecal\\_Coliforms/](http://groups.ucanr.org/UC_GAPs/Elimate_Fecal_Coliforms/)



**Picking Up the Reins in  
Community Outreach & Education:**

**Julie Schondel (God’s How Ranch)** spoke at an American Pride’s Dairy Goat Demo July 18th in Brighton. She covered a live milking demo, milk handling, hoof trimming, and the herdshare program. Other speakers covered goat nutrition, management, and breeding. There were over 60 people in attendance, and the enthusiasm was enormous. Her goat got a little impatient after 3 hours, but Julie’s voice and hands calmed her down. Many Thanks Julie!

**Sharron Dougan (Dougan Farm, LLC) in Strasburg** sponsored a Raw Milk Booth at Strasburg Farmer’s Market Saturday June 27. She distributed RMAC brochures too. Sharron also sponsors farm tours for children, and is involved with the Denver Urban Garden project.

**Cynthia Cronan (Capra Colina Ranch) in Trinidad** is spreading the word every week at the Farmer’s market. She requested 50 more brochures. Her outreach & education efforts have added two more Regional (New Mexico) RMAC producers to our roster – and helped RMAC expand their reach to other raw milk producers. Way to go Cynthia!



**Ron Keith, RMAC & WAPF activist, Dianne Koehler, MNT, and Blair** have been manning a booth at the Boulder Farmers Market once a month. Interest is robust – we leave tired and hoarse but happy. Lots of RMAC producer rosters and brochures distributed. We need sponsors (\$25 for booth fee) and volunteers to help – both in Boulder and elsewhere. Call Blair at 303-465-3883 or email [info@ramilkcolorado.org](mailto:info@ramilkcolorado.org).

**Please join me in welcoming the following dairies to RMAC:**

◆ **Cow Dairies:**

- ◆ Lafferty Farms – Keith Lafferty – Erie, CO
- ◆ Gateview Ranch – Cindy Smock – Gunnison, CO
- ◆ No dairy name yet, but Rockin J Cattle’s grassfed John Weibel started a dairy in Steamboat Springs, CO
- ◆ Sonshine Acre Farms – Natalie Schneider – Julesburg, CO
- ◆ Dolce Vita Creamery, LLC – Vanessa Scurci, Lakewood, CO
- ◆ Roses Isle Farm, LLC – Kevin Rose – Calhan, CO

◆ **Goat Dairies:**

- ◆ WeeHavaNoRanch – Dan & Vicki Percell – Cortez, CO
- ◆ The Goatie Girls – Mark & Michelle Smith – Elbert, CO
- ◆ Collins Farms – Jimmy & Tammy Collins – La Junta, CO
- ◆ Billy Goat Dairy – Bill & Sally Campbell – Longmont, CO
- ◆ Goatopia – Kevin & Mary Cannell – Leadville, CO
- ◆ Ugly Goat Milk Company – Michael Amen – Elizabeth, CO
- ◆ Dragonfly Farm – Teresa Hollar – Dolores, CO
- ◆ Kutchan Ranch – Toni Kuchan – Maxwell, NM

◆ **Both Cow & Goat Dairies:**

- ◆ The Homestead Farms: Travis & Tawnina Uptain – Holyoke, CO
- ◆ Common Sense Farm and Dairy – Colleen Agard – Elizabeth, CO

A Warm Welcome to RMAC’s herd – It’s an honor to have you! RMAC now has 41 dairies. In 2005, there was 1 legal raw dairy – Guidestone Farm – with a year-long wait list... We also have Consumer members from California and Arizona, who joined to use our testing services. We’re growing in leaps and bounds! To see a map of all RMAC raw dairies, use our dairy locator: <http://rawmilkcolorado.org/locator.php> (Choose the 500 mile option. Float your cursor over a pin to see more details.)

**Happy Trails to You,  
Isle Farms: Isle Farms Leases  
Herdshare Operation**

Rod and Mary Fries of Isle Farms – one of RMAC’s charter members – have sold their herd to Kevin Rose, a shareholder and local farmer, who will transition shareholders and cows to his farm. As Board Secretary/Treasurer during RMAC’s development phase, Rod played a major role getting us mobilized. Mary and Rod’s commitment to service, education, and community involvement was remarkable - while working full time, running a dairy and raising 10 kids! Rod will continue to serve on RMAC’s Board of Directors. As Mary wrote, “...the raw milk movement will forever be close to my heart. Too many wonderful success stories for it not to be.”

*A thousand thanks and many blessings.  
Happy Trails to you two,  
We will meet again!*

**RMAC Producers**

Bare Bottom Ranch: Patricia Costanzo & Bob Richardson	Sharon Dougan Dragonfly Farm Teresa Hollar	Johnson's Acres Farm: Kenny & Annelis Johnson	Rockin J Cattle: John Weibel
Billy Goat Dairy: Bill and Sally Campbell	Dream Acres Ranch: Suzanne Erick	Kinikin Corner Dairy: Scott Freeman	Roses Isle Farms, LLC: Kevin Rose
Blue Barn Products, LLC: Annie L. Cheney	Ebert Family Farm: Kres & Julie Ebert	Kuchan Ranch: Toni Kuchan (New Mexico)	Sonshine Acres: Natalie Schneider
Capering Goat Dairy: Margaret Hollander	Fetchin Farms Goat Dairy: Jill Sobel	Lafferty Farm: Keith & Nicole Lafferty	Taft Hill Dairy: Lugene Sas
Capra Colina Ranch: Cynthia Cronan	Fresh Foods From the Prairie: Ray and Tim Hardesty	Larga Vista Ranch: Doug & Kim Wiley	The Goatie Girls: Mark & Michelle Smith
Chalab Ez: Taneil Lawton	Gateview Ranch: Cindy Smock	Livingstone Acres: Valerie Sorabella & Brad Huntington	Twin Mountain Milkhouse: Keith & Michelle Warner
Collins Farm: Jimmy & Tammy Collins	Goatopia: Kevin & Mary Cannell	Mini Moos & Kids Too!: Rob & Amy Jo Anderson	Ugly Goat Milk Company, Inc: Michael Amen
Common Sense Farm and Dairy: Colleen Agard	God Show Ranch: Greg & Julie Schondel	Nativo Farms: Karlie Garcia	WeeHavaNo Ranch: Dan & Vicki Percell
Cottonwood Creek Dairy: David Lynch & Amy McMillin	Harvest Acres: Leda Viart	Natural Choice Dairy: Sharon Wilson	Windsor Dairy: Meg Cattell
Cresset Community Farm: Lawrence & Ursula Holmes	Hi Plains Dairy: Jim & Angela Smith	Parker Pastures: William and Kelli Parker	
Dolce Vita Creamery, LLC: Vanessa Scurci	Homestead Farms: Travis & Tawina Uptain	R Patch O'Heaven, LLC: Jon & Joy Erickson	
Dougan Farm, LLC:	James Ranch Artisan Cheese, LLC: Dan & Becca James	Red Sky Farm: Elizabeth Cassidy	



**Small Business/  
Non-profit Members**

James Grieve Insurance  
Agency: Jim Grieve  
Nourishing Connections Denver  
WAPF chapter  
Rocky Plains, LLP  
Ted & Peggy Beals  
Scott Storrie, DC LAC PC

**Consumer Members**

Dennis & Carol Aleson  
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Andrea Brewer  
Sarah Byrne  
Boyd Carlisle  
Joe Catalano  
JJ Dabbs  
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Dione Del Monico  
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Diana and Paul Hsieh  
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Sherry Litasi  
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Lisa McConnell  
Mary Blair McMorran  
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Paul W. Peterson  
Denise Pinkard  
Timothy Vassios  
Jerome Verhasselt  
Erin Schieren  
Jay Smith  
Marlene Stillahn  
Anthony and Andrea Stolarczyk  
Sunshine Market  
Abbondanza Organic Seeds &

Produce: Shanan Olson & Rich Pecoraro  
Todd Rymer  
Susan Sweeney  
Heike Vargas  
Colleen Williams  
Paul & Ellen Wright

**Supporting  
Contributor Members**

Elsa Abookire  
Paul & Jennifer Adams  
Jen and Tyler Allbritton  
Francie & Michael Allen  
Jamie Allison  
Jennifer Anselmi  
Tobi-Lynn Arnold  
Ilene Arvey  
Margaret Auld-Louie  
Charles Ken Auge  
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Heather Wolfers  
Gail Giuliani Zadow  
Denise Ziegler

**CDC Campylobacter FAQs:**

[http://www.cdc.gov/nczved/dfbmd/disease\\_listing/campylobacter\\_gi.html](http://www.cdc.gov/nczved/dfbmd/disease_listing/campylobacter_gi.html)

**A few facts on treating campylobacter:**

Campylobacter is the second most frequently diagnosed food-borne illness, after Salmonella. It is also linked to anti-biotic resistance, particularly ciprofloxacin, and to a lesser degree, ampicillin, gentamicin, and erythromycin. <http://aac.asm.org/cgi/content/full/44/2/267>

**Alternative treatments include anti-microbial foods:****Garlic**

<http://adc.bmj.com/cgi/content/extract/81/3/278>

Kefir has proven effective in preventing growth of campy:

<http://cat.inist.fr/aModele=afficheN&cpsidt=14917445>

**Colloidal silver:**

<http://www.asktom-naturally.com/colloidal-silver-04.html>

Caprylic acid (found in butter, coconut oil, and other animal fats)

[http://www.ars.usda.gov/research/publications/publications.htm?seq\\_no\\_115=228813](http://www.ars.usda.gov/research/publications/publications.htm?seq_no_115=228813)

**Oil of Oregano**

<http://www.naturalnews.com/024685.html>

***Campylobacter used to be called “Traveler’s Disease” and until the 1980’s, was not listed as a reportable disease. Once infected, most people are immune to re-infection.***

*Campy Outbreak continued from page 6*

**Lab Tests Results: No Campylobacter Found**

Milk samples and water samples were taken by CDPHE, and Scott sent milk and water samples to Microbial Research, Inc., as well as CSU microbiology lab. He also sent individual samples from each dairy cow. No Campylobacter was found in any of the lab tests. (No milk samples were available from the suspect batches – they had already been consumed.) According to our Herd Health and Milk Safety Advisor, Dr. Meg Cattell, DVM, the fact that multiple batches were blamed as the sources actually makes it less likely that Kinikin Corner Dairy was the source – one batch might be contaminated, but not several in a row.

**CDPHE Issues Cease & Desist Order to Kinikin Dairy**

Nevertheless, CDPHE was compelled to issue a Cease and Desist order, shutting down the dairy and stopping milk distribution. Scott had to dump shareholder milk for two weeks and fulfill some mandates until CDPHE allowed him to resume production.

**Follow-on Activity**

After the Cease and Desist order was lifted and Scott was back in to production, Sally Fallon-Morell, President of WAPF, advised RMAC to submit a Colorado Open Records Act (CORA) request to CDPHE asking for details on Campylobacter illness in Colorado for the affected counties for the last six months, including any interoffice memos related to this case. We also asked how they determined ‘statistically significant’ cause, as well as a request for any information that we can offer to raw dairies to help them understand state regulations, assist in their investigation, isolate the cause, and expedite resumption of dairy operations.

CDPHE’s response to our CORA request was that the information requested was “confidential” and the investigation was ongoing (dated May 18th – they lifted the Cease and Desist order on April 22nd), that they had no legal obligation to comply with CORA requests in this matter, and that “the department does not have regulations that pertain specifically to dairies that do not pasteurize milk, as the department does not believe there is any regulatory scheme or process that would render raw, unpasteurized milk safe for human consumption.” They publish the same “confidential” data that we requested on their website but not for 2008 or 2009. CDPHE clearly claims exemption privileges from Colorado Open Records Act requests regarding raw milk.

When we sent CDPHE’s response to Fallon-Morell and Pete Kennedy, Esq., FTCLDF President, Fallon-Morell asked what legal recourse we had. Kennedy responded that we could file a writ of mandamus (a request for a judge to order the release of all records related to the outbreak), but after some discussion we decided that we should let it rest; it was not in our best interest to build hostility between RMAC and the state health department

Pete Kennedy also encouraged us to ask shareholders who had gone through a CDPHE interview to request copies of their interview, which is their right, and ask them to forward those to FTCLDF for review. They wanted to know if

there was a bias against raw milk in the interviews. Kinikin Dairy shareholders submitted these requests, but got a similar information-blocking response – the requests were returned, saying they needed to be notarized.

We sensed that local CDPHE officials may be subversive, but are not openly hostile toward raw milk dairies. They quoted FDA dogma for the news media, “Milk can never be safe without pasteurization. Anyone who chooses to drink that milk is taking a risk with their health,” he said. “This is one of the oldest known unwise things to do” said Dr. Ken Gershman, , chief of the state health department’s communicable diseases program.

<http://www.montrosepress.com/articles/2009/04/09/news/doc49dd71c5b4463644819059.txt>

Dr. Ben Huhta, a Montrose cardiologist and Kinikin Corner Dairy shareholder, responded in an editorial to that statement. “Is anyone considering the wisdom of smoking, drinking and eating fast foods? Is anyone at the health department preparing “cease and desist” orders to these businesses?” he wrote.

In phone a conversation with Alicia Cronquist at CDPHE, we asked if they would add questions to their interview; such as “Are you a recent raw milk consumer?”; “Have you recently consumed antibiotics?”; and “What are your typical food sources?” Cronquist said that they too had been discussing adding similar questions but for the time being, they declined.

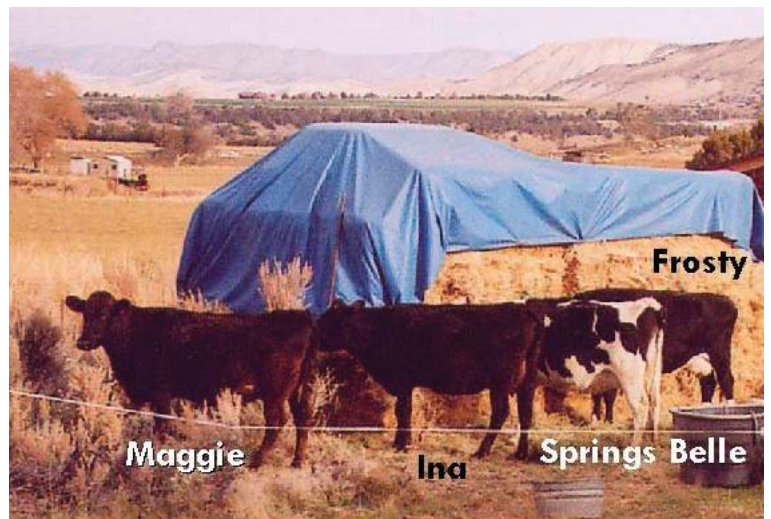
**What we learned**

Scott Freeman set an example for all producers in this predicament. He decided from the get-go that this would be a learning experience for him, and wherever possible, for the entire raw milk community. He opened his records and his dairy operation to inspection for anyone who asked, told us what Standard Operating Procedure we can expect from our health department (they don’t have one for raw dairies), made suggestions for a pathogen database and other documents on our website, and conducted two teleseminars for RMAC producers to discuss vulnerabilities (knowing our rights regarding CDPHE inspections, keeping a shareholder email list readily available, and clear labeling of milk jars in the event that raw milk gets into the public domain.

He said that in hindsight, he wished he had collected email addresses from his shareholders but in the interest of privacy, had only asked for telephone numbers. It took a long time to contact all his shareholders, and he

asked CDPHE to help. In hindsight, he said, “I sure wish I had that contact info then.” He conceded that Campylobacter could have been in the milk, even though no lab tests could find it, and wanted to make certain that RMAC producers benefited from this experience regardless of whether pathogen tests came back positive or negative.

He also said he wished he clearly understood his rights – one verbal condition (not a documented condition) of lifting the Cease & Desist order was to use chlorine bleach in his dishwasher rinse water, which Scott knew his shareholders did not want. They required that he update the standards on his website to reflect actual practices. They also gave him an extensive list of milk tests (Campy, E. coli 0157:H7, coliform, SCC etc) for two consecutive weeks that easily were well below the maximum threshold.



**Bias, Ambiguity, and Obfuscation**

Most restaurants involved in disease outbreaks are shut down for a day or two – and some for only hours. “Back in the 80’s when I had a Grade A dairy, the inspector found some milkstone buildup in my equipment. He stood there and watched me clean it, and then I was back in business. Raw dairies don’t get the same kind of support,” says Scott.

Verbally, there were instructions to stop selling yogurt. Scott presented the service contract, but CDPHE never got back to him about it. “The local health department was always nice and polite”, Scott added, “but they never followed through with any of my requests for info.”

“They were not forthcoming with any information”, says Scott. “They did not offer any results of any tests, nor the cohort study they said they were conducting. The requests for CDPHE health interviews of the people who got sick

were returned yesterday saying they had to be notarized. “

“Verbally, they told me they thought they had found campylobacter DNA in the milk, but never showed me the lab results. My conclusion was the local health department may think they’re trying to help the public, but the overall CDPHE goal was to use Campylobacter to raise public doubt about raw milk.”

Last month, Scott wrote in his newsletter “I was waiting for a statement from the HD, which may never come unprompted. I thought I’d at least get a summary statement from them that the dairy was indeed the source of the campylobacter outbreak. It seems they showed up to a

situation they could not prove just to throw doubt around and then quietly go away. “

At least we have a better idea of what to expect. Unfounded accusations, a public media blitz with biased, unfounded quotes from the FDA, a Cease and Desist order, and profound but polite stonewalling from CDPHE. There will be few retractions or follow-up articles (Montrose Press printed one.) Then it just quietly goes away and producers can resume business – provided your shareholders still trust you. (Important lesson there!) Thanks to the Kinikin Corner Dairy community, we have a clear picture of what we need to build.

### **RMAC actions items from the Campylobacter incident**

- ◆ Raise RMAC labeling standards – Every jar of milk (or any raw milk product) that leaves the farm must have a label clearly stating that it is “Unpasteurized (Raw) Milk” (or “Made from Unpasteurized Raw milk”). It is also recommended that you include the bottling date and the farm contact info. This is a tighter restriction than the Colorado statute, which requires either a label or a document to accompany the product, stating that it is unpasteurized milk.
  - ◆ This was effective April, 2009. If you want some help making labels, call us.
- ◆ Establish standards for RMAC Certification. Target date July 30th.
- ◆ Educate Producers on their rights. We have scheduled a tele-seminar with Pete Kennedy, Esq. for our next Board meeting. Pete recommends that you don’t arbitrarily pull your milk – let your shareholders decide.
- ◆ Build a webpage for media inquiries, including FAQs about raw milk and statistics about outbreaks attributed to raw milk compared to other food-borne illness.
- ◆ Build a reference library on our website for producers and consumers.
  - ◆ Build a “Ready Reference” list that includes actions to take (e.g. Keep a month’s worth of samples of every batch in the freezer so you can test any batch for specific pathogens if needed. If you don’t have a sample, get one from your shareholders ASAP and send it to a lab.
  - ◆ Always maintain your shareholder contact list and keep it handy. A Phone Tree – you call 5 people, they each call 5 others – would also be a good idea.)
  - ◆ Include a “ready reference” list of action items should you receive a call. This would include notifying shareholders, shipping a milk sample to the lab, knowing your rights as a producer, and contacting RMAC to handle the media.
  - ◆ Know your rights. RMAC joined Farm to Consumer Legal Defense Fund (FTCLDF), and we enlist their help should you need support.
- ◆ Compile a list of approved (biodegradable and non-toxic) disinfectants. Food Grade Hydrogen Peroxide, diluted to 3% with distilled water, is one example.
- ◆ Educate shareholders about maintaining a strong immune system and the benefits of balanced gut flora.



**Rocky Mountain Farmers Union**

<http://www.rmfu.org/co-op/>

## BlueRose Press

Our Thanks to Peggy Beals, RN for her \$200 donation to RMAC and for writing the brochure: "Safe Handling - Consumer's Guide to Fresh, Whole, Unprocessed Milk" by Peggy Beals, RN  
Contact your farmer for a copy! (free to RMAC members)

## Nourishing Connections

Traditional Food, Education, Resources, Fun and Fellowship!

Our Thanks to Nourishing Connections, the Denver WAPF chapter, for their generous donation to RMAC! They meet every other month on the 4th Saturday at the Jefferson Unitarian Church. For details, see their website at <http://wss.nourishingconnections.org/Site%20Files/home.aspx> or call Blair (303-465-3883) or Dianne (303-423-5736),



**Farm-to-Consumer  
Legal Defense Fund®**

<http://www.farmtoconsumer.org/>



<http://www.americangrassfed.org/>

The Raw Milk Association of Colorado (RMAC) is an association of raw milk producers and consumers who advocate for the availability of traditional raw milk products and seek to ensure a safe supply.

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If you would like to place an AD in this quarterly newsletter, please contact:

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If you have an idea, article or some other tidbit for the newsletter please contact:

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If you have pictures of your herd, milk stuff or other pictures that we can use in future newsletters please email them to:

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