



# RMAC News

Quarterly/Newsletter

Raw Milk Association of Colorado

Issue No. 3 -- Spring 2009

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## Hi Plains Dairy is Making the Grade...Grade A

by Sarah Banzhaf



For Jim and Angela Smith, owners of Hi Plains Dairy in Calhan, going Grade A is looking toward the future.

When The Smiths started their raw goat milk dairy two years ago they had 40 acres, a house, shed, and an amazing view of the Front Range. "That view is what sold us on this property," says Jim. Since, they have built two barns, a creamery, and a healthy herd of friendly goats. Angela,

a full time nurse at Penrose Hospital in Colorado Springs, is third generation dairy and works to support their growing farm. Jim, a former body builder, does the heavy lifting and runs the day to day operations on the farm.

We start our tour of the farm in the barn, where Jim and Angela are surrounded by goats all looking to have their faces scratched. To the uneducated eye, all the goats look, well, like goats. But, Jim is quick to give me, in layman's terms, the rundown on all the different breeds. "LaManchas are the goats with pixie or no ears. The Saanens are the white goats with small, forward ears. The Nubians have the floppy ears and the Alpines are the brown goats with black markings." The one trying to nibble my pen, paper, camera, and jacket was Ethel.

There are 30 goats in their herd, including the six kids born so far this season. The goats have access to pasture grass 24/7, but this time of year it's more pasture weeds. They are also fed a diet of 100% organic alfalfa. "Happy, healthy goats produce very good milk," says Angela, and Jim was clearly eager to have us try their raw goat milk. If good cheese comes from good milk, then this cheese is going to be great.



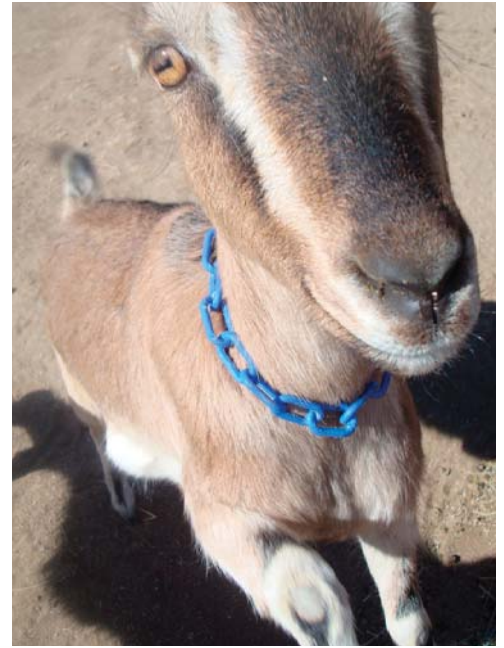
All raw milk cheeses sold in the U.S. must be aged at least 60 days in order to lessen the conditions in which pathogens could survive and must be accompanied by a Dairy Plant License. Any fresh cheese, or chèvre, must be pasteurized and requires a Grade A Dairy License. “Making cheese is what I’ve wanted to do since the beginning,” says Jim, so getting the dairy Grade A certified was necessary.

Running a certified Grade A dairy is not without it’s hoops. Every batch of raw milk will have to be tested at the farm prior to going into cheese production. Hi Plains will be frequented by state inspectors ensuring proper bacteria, coliform, and antibiotic levels. But, Jim says he welcomes inspectors to the dairy and believes that they provide a wealth of information. There is also a significant cost to going Grade A, but Jim has skimmed the fat by doing most of the construction of the facilities himself.

“You have to excuse our mess,” says Angela, as we enter the new creamery that Jim is constructing on their property. Taking a tour of their creamery was like attending a seminar on sustainable design. “East and West facing doors allow us to control the movement of the herd based on the direction of the winds,” says Jim. Radiant floor heating in the birthing center makes it so Hi Plains will be able to produce raw milk for their shareholders all year and keep the goats warm in the winter. Their new milking room was equipped with a milking pit, so Jim can be eye level with the goat’s utters during milking and save his back. The cheese aging room is located on the north side of the building to keep the cheese cool.

In keeping with the farmstead tradition, the milk is from the farm’s own herd and their raw artisan cheeses will be crafted in the cheese making room on the farm. Jim plans on offering a variety of cheeses, including a raw Feta, a raw Gouda, a pasteurized chèvre, and a signature cheese. Jim says he is looking to market his cheese at farmer’s markets and to local restaurants.

Jim and Angela plan to have the creamery up and running by the end of the year. We can’t wait to make another trip out to Hi Plains. Let the cheese tasting begin!



Hi Plains Dairy is accepting new shareholders. They have milk available year round and deliver to Colorado Springs:

**Hi Plains Dairy**  
 Jim and Angela Smith  
 4655 Calhan Hwy  
 Calhan, CO 80808  
 (719) 499-7273

For more information on getting a Dairy Plant License contact:

Paul Klug  
 Colorado State Health  
 Inspector  
 (303) 692-3633

### **The Holy Cow A Shareholders View**

*by Jill English*

Do you know why cows are sacred in India? Most people don’t know and haven’t thought about it. One reason is because they give milk.....and dung. I saw some of them contributing to the pulling of carts too. Of course the milk is life-giving, and the dung is carefully shaped into flat circles and dried to use for fuel for cooking and heating.

I have just returned from a month long trip to India where I travelled with a group for 2 weeks covering 6000 miles. In every village, and every city, small or great, the cows (and goats too) roamed around wherever

they wanted. If one decided to lay down in the middle of the narrow street in the bazaar to have a nap, so be it. Rickshaws, bicycles, motorbikes, cars, trucks, buses and pedestrians all deferred to that cow. Although I was surprised to observe that India doesn’t seem to have a shortage of food, most of the billions of people there can’t afford it. Something is keeping that population alive and growing and I’m sure it has to mostly be the milk.....raw milk. The Holy Cow (and goat) are everywhere, without supervision, even in train stations. I can’t think of a better testimony to raw milk than the huge surviving population of India. It was never clear who the recipient’s of those utterly full udders were, but there was also no shortage of children.



## The CSU Pathogen Challenge

Colorado State University (CSU) has invited five RMAC raw milk dairies to participate in a pathogen challenge test in April 2009. The primary purpose of the study is to compare bacterial growth and/or inhibition of important milk-borne pathogens between raw milk and pasteurized milk. The pathogens that will be tested for survivability in the milk include Salmonella, E. coli 0157: H7, Campylobacter jejuni, Listeria monocytogenes, and Staph.aureus. Milk samples from the dairies will not be greater than 48 hours old and testing will begin within 72 hours of receipt. Inoculated samples will be refrigerated and bacterial growth measured at 3, 6 and 24 hours. Pasteurized samples will be purchased from a local grocery store. Test results will be available to RMAC once the project is complete.

### Interesting Articles and Links

*Interesting Article on Mecox Bay Dairy in Bridgehampton, NY. Provides a little insight on their raw milk gourmet cheese line.*

<http://www.hamptons.com/detail.ihtml?id=6586&apid=13438&sid=5&cid=19&hm=0&iv=0&townflag=>

*How was the Peanut Corporation of America, the company at the center of the salmonella outbreak, able to keep its organic certification when it did not have a state health certificate.*

[http://www.nytimes.com/2009/03/04/dining/04cert.html?\\_r=1&th&emc=th](http://www.nytimes.com/2009/03/04/dining/04cert.html?_r=1&th&emc=th)

*In the State of NY, a religious exemption is the only way to opt out of vaccines you don't deem necessary or safe for your child, unless you qualify for a medical exemption. To receive an exemption, New York schools require parents to attend private "interview sessions." Take a look at one of these interrogations.*

<http://wholefoodusa.wordpress.com/2009/02/05/new-york-sincerity-test-1-of-3/#more-632>

*"Though proponents of unpasteurized milk tout its health benefits, including boosting immunity, scientific evidence remains shaky." Straight from the LA Times.*

<http://articles.latimes.com/2009/03/02/features/he-nutrition2>

*Food Safety Modernization Act gives FDA new authorities. The 3 things to watch for are, "Allows FDA to require certification for high-risk foods, increases FDA inspections at all food facilities, including annual inspections of high-risk facilities and inspections of other facilities at least once every four years, enhances food-borne illness surveillance systems to improve the collection, analysis, reporting, and usefulness of data on food-borne illnesses."*

<http://www.sciam.com/blog/60-second-science/post.cfm?id=senate-bill-designed-to-beef-up-fda-2009-03-04>



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### 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.

## What Udderly Wonderful Soap

By Sarah Banzhaf



Livingstone Acres, run by the brother and sister team Valerie Sorabella and Brad Huntington, is a small family-run farm on the high plains of Colorado. After purchasing their small herd of Nubian and Alpine goats in early '08, the duo has spent the last year learning the ins and outs of tending to the goats and making farm improvements.

The goats have free range on their 5 acre farm in Peyton. “We also have 80 acres of pasture in Yoder that we take them to in the spring,” says Brad. In addition, the goats are fed alfalfa and a mix of corn, wheat, spelt, and barley. “We try to keep everything as natural for them as we can,” says Valerie. Brad is in the process of finishing their milking room in the barn, where the raw milk will be jarred and stored. Shares of Livingstone Acres raw goat milk will be available at the beginning of April.

The same vitamins, minerals, and lipids in goat’s milk that are good for your nutritional health are good for your skin’s health as well. Valerie began crafting her hand made soaps in hopes of alleviating her family’s own skin problems. She starts with the farms own fresh raw goat’s milk and adds essential oils to scent the bars. Natural ingredients, like apricot shells are used for their exfoliating properties. No artificial colors or additives are used. All soaps come with the distinctive Sorabella label, created by Valerie’s husband Randy. These soaps are definitely farmstead.

*Valerie’s Soaps are available in the following scents:*

- Stone of the Nile
- Honeysuckle
- White Tea and Ginger
- Sweet Jasmine
- Sweet Pea
- Down by the Sea
- Pure Unscented
- China Rain
- Gentle Exfoliate with apricot shell and Orange scent
- Medium Exfoliate with pumice and Rosemary scent
- Unscented with shea butter
- Unscented with cocoa butter



Livingstone Acres is now accepting new shareholders:

### Livingston Acres

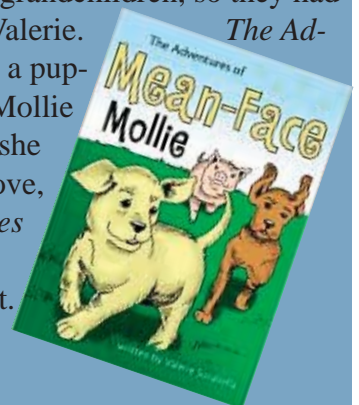
Valerie Soraballa and Brad Huntington  
 11925 Sand Pl.  
 Peyton, CO 80831  
 V\_sorabella@yahoo.com

### A Jill of all Trades

When Valerie Sorabella wasn’t tending to the goats and making her soaps, she was writing her first children’s book.



“I started out writing this book for my grandchildren, so they had something to remember me by,” says Valerie. *The Adventures of Mean-Face Mollie* is about a puppy’s journeys through life on a farm. Mollie isn’t always a good pup but in the end she always learns valuable lessons about love, friendship, and honesty. *The Adventures of Mean-Face Mollie* is available at Barnes and Noble, Amazon.com, target.com, and tatepublishing.com.



**NAIS Update**

*Opposing NAIS*

Article from porkmag.com  
Representatives of the Farm-to-Consumer Legal Defense Fund argue that a U.S. House subcommittee hearing held last week on the National Animal Identification System was stacked in favor of groups calling for the mandatory implementation of the program.

“There was virtually no representation for organic and local producers or consumers,” says Pete Kennedy, acting FCLDF president — “the very groups that are most negatively affected by NAIS.”

The hearing by the U.S. House Agriculture Subcommittee on Livestock, Dairy and Poultry, was called to review NAIS, which is USDA’s program to electronically track every livestock animal in the country. Although the program is currently supposed to be voluntary, the USDA has been actively work-

ing to make it a mandatory program, Kennedy argues. “The subcommittee’s hearing was just another step in that effort,” he says, noting that subcommittee chairman Rep. David Scott of Georgia and chairman of the House Agriculture Committee, Rep. Collin Peterson of Minnesota, both favor making the system mandatory. “USDA was given almost unlimited time to further sell the program,” Kennedy adds.

Kennedy points to states where “the voices of small farmers are being heard, the opposition to making NAIS mandatory is growing.” Four state legislatures — Arizona, Missouri, Nebraska and Kentucky — have passed anti-NAIS legislation and four others — Texas, Arkansas, Montana, and Utah — are considering such legislation.

“At the federal level, our representatives are listening only to the voices of Big Ag who are interested in expanding their markets for export and are trying to convince the public that trace-back equals food safety.” says Taaron Meikle, FCLDF board member. “In

reality NAIS will do nothing to make our food safer or our animals healthier. The \$118 million that USDA has spent so far on NAIS would have been better spent enforcing existing food safety regulations at the slaughterhouse.”

FCLDF filed suit last year in the District of Columbia District Court against USDA and the Michigan Department of Agriculture to stop the mandatory implementation of NAIS. MDA has implemented the first two stages — premises registration and animal identification — part of a state-wide bovine tuberculosis disease control program.

FCLDF’s suit wants the court to issue an injunction to stop NAIS implementation at either the state or federal levels by any state or federal agency. If successful, the suit would halt the program nationwide.

*Source: The Farm-to-Consumer Legal Defense Fund*



“When NAIS started, I was a simple woman with a few laying hens and a horse.  
First, they came for the cattle ranchers (although they already knew how to find Mad Cow)  
But I was not a cattle rancher, so I did not fight.  
Then, they came for the sheep ranchers (although the Scrapie program worked fine)  
But I had no sheep, so I did not speak out  
They came next for the goat herders (who already tattooed their goats)  
But I did not consider their plight my own  
Then, they came for the chickens and ducks, but “only the large producers”  
So I did not fight against NAIS  
Again they came, this time for the pigs (although pig farmers have proper husbandry)  
But I did not raise pigs, so I did not fight  
Then they came after the Llamas and Alpacas but they were expensive animals,  
So none of the ranchers fought, even those who owned them  
Then, they tagged the horses, but the AQHA and Jockeys said it was all right, not to worry  
So I did not think I would lose my right to trail ride  
Then, in waves, they came after  
The elk ranchers  
The deer herders  
The bison ranchers  
Then, when they couldn’t reach critical mass, they came for the small farmers  
And I, now a criminal with chickens and a horse, have no one to speak for me.”

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Excerpt from First They Came for the Cows: An Activist’s Story  
Henwhisperer.blogspot.com



### Millet Three Ways

Millet is one of the world's most important food crops; but in the U.S., it is produced mostly for bird seed and cattle grain. Millet has high concentrations of B-complex vitamins, minerals, and protein. It is one of the most easily digested grains and is also gluten free. Soaking the millet in water with whey for approximately 8 hours prior to cooking makes it even easier to digest. Millet may be added to soups, ground into flour for baked goods, pan-fried like a polenta, eaten with an egg poached on top, or even used in casseroles. Millet is very versatile.

**Steamed Millet:** Much like rice, millet can be eaten simply steamed.

- 1 cup millet
- 2 ¼ cups water or chicken stock
- 1 teaspoon extra virgin olive oil, butter or ghee
- ¼ teaspoon sea salt

Rinse millet and drain in a strainer. Place in a saucepan, add water, oil and salt and bring to a boil. Reduce heat, cover and simmer for about 20 minutes or until all water has been absorbed. Turn off heat and let stand, covered, for 5 minutes. Fluff millet with a fork and serve. You could also add sautéed garlic, onion, and red pepper like a millet pilaf.

**Millet Porridge:** Heat leftover steamed millet with milk and add honey, cinnamon, coconut, nuts, seeds, raisins or fresh fruit.

**Coconut Millet Pudding:**

- ¾ cup whole millet
- 3 cups milk or coconut milk
- ½ cup honey
- 1 cup coconut flakes (unsweetened)
- 1 teaspoon sea salt (optional)
- 1 teaspoon vanilla extract

Heat milk in a large saucepan, slowly, until scalded. Add remaining ingredients to milk then pour into an oiled, oven casserole dish. Bake at 350 ° F for 1 to 1 ½ hours until millet is tender. Serve hot or cold. Can be topped with preserves or whipped cream.

### Shareholders Listen Up

Here are a few helpful hints for getting those pesky labels off the lid of your mason jars without damaging the lids.

1. Do NOT run your lids through the dishwasher with the label affixed. The dry cycle bakes the label onto the lids.
2. Soak the lid with the label on it in hot water. This will loosen the glue and allow the label to be rubbed off with a finger nail. I use a plastic food scraper.
3. Do NOT use knives to scrape off the label because it leaves areas for rust to form.
4. Dry the lid and ring after washing to combat rust formation.

Finally, make sure you are returning clean jars at your pickup. Dried and crusty milk jars have to be washed by hand. Whose farmers have time for that?



### Two "Food Safety" Bills

**HR 875** – The Food Safety Modernization Act calls for the creation of a Food Safety Administration to allow the government to regulate food production at all levels – and even mandates property seizure, fines of up to \$1 million per offense and criminal prosecution for producers, manufacturers and distributors who fail to comply. <http://ftcldf.org/news/news-17mar2009.htm>

**Senate Bill 425** - The Food Safety and Tracking Improvement Act would track food shipped in interstate commerce through a recordkeeping and audit system, online database or registered identification. Each farmer or producer would be required to maintain records regarding the purchase, sale and identification of their products. <http://ftcldf.org/news/news-17mar2009.htm>

A summary of most current food safety bills can be found here: [http://farmandranchfreedom.org/content/food\\_safety\\_bills\\_09](http://farmandranchfreedom.org/content/food_safety_bills_09)

**RMAC Progress  
Courageous Colorado**

RMAC started with a handful of brave and visionary dairy farmers, willing to stand up and declare our right to freedom of choice and knowing that it was up to them to prove that raw milk could be safely produced. Raw milk consumers rallied, wrote letters, and got the bill passed. We've still got a long road to haul, but we've made a lot of headway. Pete Kennedy repeatedly tells me that Colorado is unique in this nation – we don't get harassed, and we don't get sick. (Praise Farmers and pass the kefir!)

Interest in RMAC began snowballing last summer, building momentum and membership last fall, and I found the fall newsletter becoming the Fall/Winter newsletter, and by January I knew I was in over my head, and head over heels in love with this community.

Enter saints **Sarah Banzhaf**, who volunteered to take the newsletter, and **Taneil Lawton**, who volunteered to do the graphics, and Voila! - We have a stellar spring newsletter! Sarah's marketing expertise also built the Producer Survey conducted last fall, and Taneil's graphic design expertise, along with Board member **Julie Ebert**, produced our banner (shown above – that's Taneil's goat Piney, by the way – after 50 photos). Julie contributed untold hours on our brochure, (along with **Erica Butterbaugh** of **Creativations**), which was the defining document for RMAC, and our logo, which receives lots of compliments. (If you haven't seen our brochure, ask your farmer!) These guys saved my butt!



**Suzanne Erick, Blair McMorran, Sharon Wilson**

bers, who organized and supported the bulk of the meeting logistics. **Dianne Koehler**, MNT and chapter co-leader explained the benefits of CLA in grassfed animal products. **Susann Mikkelson**, our critical success factor from RMFU also came, and **Jim Grieve** from James Grieve Insurance Agency offered RMAC producers an overview of liability insurance – for raw dairies! In, all, about 100 people attended, and in the afternoon RMAC elected two



**Suzanne Erick**

new Board members **Sharon Wilson** and **Suzanne Erick**, who have already proven themselves to be valuable contributors to the RMAC Board. You can see **Rod Fries'** photograph here: (<http://www.flashpointpix.net/p499100284/h3e91797#h37f5198f>)



**Pete Kennedy**

In January, we had our first Annual Gathering at the Jefferson Unitarian Church, with a mini-farmer's market, fabulous potluck lunch with FTCLDF lawyer **Pete Kennedy** and RMAC

President **David Lynch** as keynote speakers. The synergy made that church hum – especially in the vendor room – 11 producers and their local products had consumers in such a buying frenzy, I couldn't pry them from the room to come to the meeting. It was a joint meeting with (Denver WAPF chapter) **Nourishing Connections** mem-

Also in January **Adrian Card** of the Boulder County Extension office and **Dr. Nick Striegel**, DVM, called and asked if they could help with RMAC's education program. In February RMAC had a booth in Greeley at the Colorado Agriculture Big & Small Conference, with help from Sharon, Suzanne, and **Jill Sobel** in manning the booth. This was RMAC's debut in the Colorado Agriculture world – we had the best banner in the room! We've done two interviews for articles with Edible Front Range and the Boulder Daily Camera, and have a third scheduled with Boulder Magazine.

The Board elected (and re-elected) new officers in February:

- David Lynch – President**
- Doug Wiley – Vice President**
- Sharon Wilson – Treasurer**
- Suzanne Erick – Secretary**
- Julie Ebert – Board Member**
- Jon Ericson – Board Member**
- Rod Fries – Board Member**

Terms are for two years. So now we have three goat producers and four cow producers on the Board. This has already changed our vocabulary, and our action items. They're talking about adding a Consumer Board Member, and writing a Raw GOAT Milk Production Handbook - more on those later.



**Jon Ericson**

**Margaret Hollander**, another sainted volunteer producer member, took on the RMAC Milk Test Process administration, and will be heading up a committee with Jon Erickson, Sharon Wilson, Suzanne Erick, Denise Pinkard, and Annie Cheney to review the goat test standards, and help RMAC define a continuous improvement process, incorporating education and documentation for producers.



**Sharon Wilson**

**Sharon Wilson**, our new Treasurer, had been helping me with accounting issues since last fall, and has enlisted several new producer members to join RMAC. She continues to teach and advocate for RMAC - we're so lucky to have her!

Suzanne Erick, our new Secretary, announced that she will pay for all her shareholders to join RMAC this year - she's applying their winter fees to help build membership. She also took on the meeting minutes - her can-do attitude, and holistic approach to raising all creatures, human or otherwise, will be a very positive influence!

**Don Bade**, owner of Microbial Research Inc., has been a huge partner and supporter of RMAC. He offers a 40% discount on milk tests for RMAC producers - an attractive benefit of joining RMAC. Plus, he offers free one-on-one consulting, gave us a microbiology class last July with Meg Cattell, DVM, promised to continue this, and he wrote a slick program for us that will produce trend reports tailored for a single dairy, or groups of dairies.



**David Lynch**

**David Lynch** initiated advocacy and legislative action, promoting Ron Paul's bill (H.R. 778) to repeal the ban on interstate commerce of raw milk. He says we'll probably need to draft a bill to exclude small farms from restrictive regulatory laws.

Meanwhile, **Doug Wiley** drafted a position statement on NAIS for RMAC, which will help guide our policy for future standards.



**Doug Wiley**

I want to thank Dr. Meg Cattell, DVM, and Dr. Page Dinsmore, DVM, who donated their time and expertise to teaching and guiding RMAC; Lua Sage Fischer for her volunteer time with membership, and Gina Allianiello and Monica Hughes, PhD, who keep us up to date on NAIS and other legislative shenanigans. James Dean, Esq., and the Farm to Consumer Legal Defense Fund have given timely and invaluable legal advice. Jill Sobel said she'd help us write a grant. To Lawrence Holmes, Jim Smith and Boyd Carlisle: thanks for your news, support, vision, humor and inspiration! Last but not least, thanks to all Dear RMAC Members - we wouldn't be here without the strength of your convictions, faith and financial support!

Humbly Yours,

*-Blair McMorran, Administrator*



**Potluck Table**



**RMAC Member Kelli Parker from Gunnison browsing the Information Table**

**James Grieve Insurance Agency**  
*Insurance for Your Farm*

James Grieve  
2648 Bradbury Ct.  
Fort Collins CO 80521  
(970) 217-5040 office  
(970) 224-2987 fax

**RMAC Producers**

Bare Bottom Ranch: Patricia Costanzo & Bob Richardson	Dougan Farm, LLC: Sharon Dougan	James Ranch Artisan Cheese, LLC: Dan & Becca James	Natural Choice Dairy: Sharon Wilson
Blue Barn Products, LLC: Annie L. Cheney	Dream Acres Ranch: Suzanne Erick	Johnson's Acres Farm: Kenny & Annelis Johnson	Piedra Verde Ranch: Alex & Laura Tanner
Capering Goat Dairy: Margaret Hollander	Ebert Family Farm: Kres & Julie Ebert	Kinikin Corner Dairy: Scott Freeman	R Patch O'Heaven, LLC: Jon & Joy Erickson
Capra Colina Ranch: Terry Cronin & Cynthia Cronan	Fetchin Farms Goat Dairy: Jill Sobel	Lafferty Farm: Keith & Nicole Lafferty	Taft Hill Dairy: Lugene Sas
Chalab Ez: Taneil Lawton	Fresh Foods From the Prairie: Ray and Tim Hardesty	Larga Vista Ranch: Doug & Kim Wiley	Twin Mountain Milkhouse: Keith & Michelle Warner
Cottonwood Creek Dairy: David Lynch & Amy McMillin	Goat Head Ranch: Tina LeGrand	Livingstone Acres: Valerie Sorabella & Brad Huntington	Windsor Dairy: Meg Cattell
Coyote Creek Ranch: Denise Pinkard	God's HOW Ranch: Greg & Julie Schondel	Mini Moos & Kids Too!: Rob & Amy Jo Anderson	
Cresset Community Farm: Lawrence & Ursula Holmes	Hi Plains Dairy: Jim & Angela Smith	Nativo Farms: Karlie Garcia	

**RMAC Members**



Abbondanza Organic Seeds & Produce: Shanan Olson  
Homestead Grass Farms  
Katama LLC  
Rocky Plains, LLP  
Prairie Natural Lamb  
Sunshine Market  
Heidi Aas  
Elsa Abookire  
Paul & Jennifer Adams  
Dennis & Carol Aleson  
Jen & Tyler Allbritton  
Francie & Michael Allen  
Jamie Allison  
Anonymous  
Jennifer Anselmi  
Tobi-Lynn Arnold  
Ilene Arvey  
Charles Ken Auge  
Margaret Auld-Louie  
Zachary Azeez  
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Linda Hendrex  
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## 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),



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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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