

Caspar Community News

June 2015

UPCOMING EVENTS

Sundays 10am - 2 pm
June 7, July 5, August 16
Canning Workshops with Marty

Wednesdays 12:15-12:45
BOOKMOBILE
June 10 & 24, July 8 & 22

Gertie Maintenance Meeting
10am Thursday June 11, Community Center Barn

Friday, June 12, 6:30 - 9 pm
Caspar Pub Night
Guest Chef: Debra Dawson

Fridays, 9:30am
June 19, July 3 & 17, August 7 & 21
Caspar Community Board
All Welcome

Thursday, June 25, 11am
CasparFest meeting

Saturday, June 27th 10AM-2PM
HEADLANDS WORK DAY

Sunday, June 28, 9 - 11 am
Caspar 4th Sunday Breakfast

Gertie the Gorse Monster
Marches in Mendo July 4th

Friday, July 10, 6:30 - 9 pm
Caspar Pub Night

Saturday, July 25
CasparFest

Sunday, July 26, 9 - 11 am
Caspar 4th Sunday Breakfast

A complete schedule can be found at our website.

Friday, June 19 8pm
Choro das 3



Caspar Community Center
\$20 at the door

more about Choro das 3 on page 3

Tempest in our Postbox

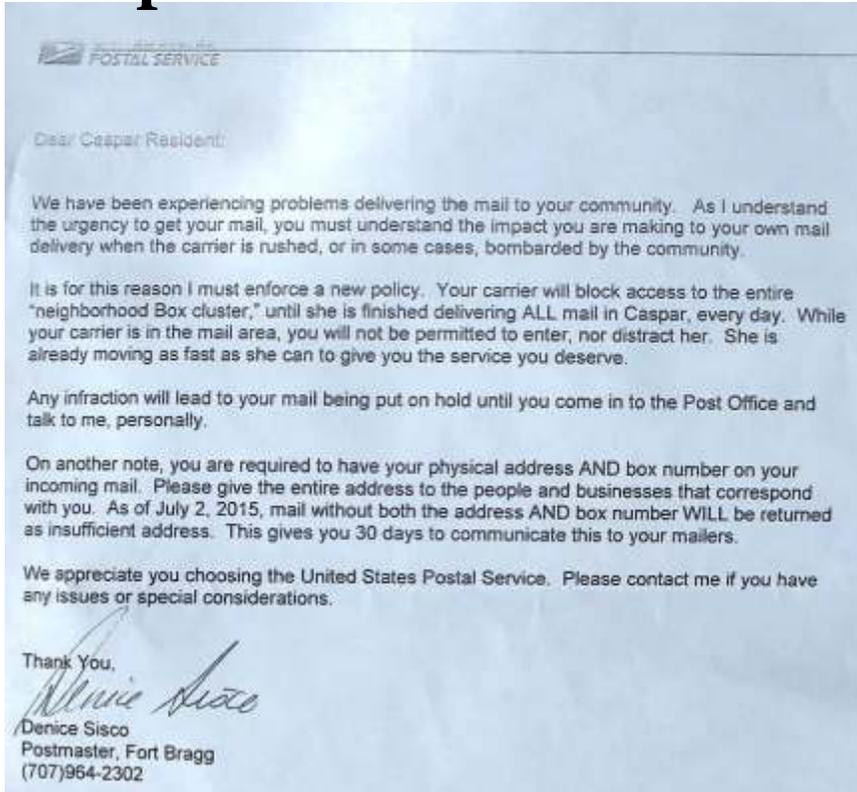
In a bizarre letter (see page 2) from Fort Bragg Postmaster Denice Sisco, Caspar postbox customers have been informed that our Postal Pavilion will be cordoned off as a "no fly zone" while mail is being delivered. **Do not enter the mail area while the carrier is working; do not talk to her, and above all, do not touch her!**

But that's not the worst news. Sisco has notified us that **any mail without an entire physical address and box number will be returned as undeliverable after July 2.** She generously gives us 30 days to notify all our correspondents.

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also in this issue... 95420
Golden Guernseys Photo Page

Tempest in our Postbox *continued...*



address on it, mail never comes to my house. If I get something that's too big for one of the boxes, it goes to Fort Bragg & I have to go get it. In fact, even with my physical address & box number it frequently ends up in the wrong box & I get others' mail. I asked why both addresses need to be on there when only the box number is used.

"Her answer? 'Because.'

"I told her that wasn't much of an answer & she elaborated: 'Because that's your address.'

"I said the only part of my address the carrier would use was my box number & she replied, speaking over my words, 'It's policy.' I said, 'You're not hearing me.' & she said, 'Because it doesn't matter.'

"I hate to think of mail addressed clearly with my name & my box number on it being returned to the sender because it's against policy. In the lovely

small town past I have received letters addressed to my name, town, state & zip, no box, no street address. Boy, do I miss Stephanie..."

After a very unsatisfactory phone call to the uncooperative Fort Bragg Postmaster, I followed up with a call to USPS Customer Service, and eventually got a callback from Bobbi Riley that suggests what steps we should take next, and how we can individually get what we want.

Here's the ongoing story. I am assembling a collection of Caspar's Postal Drama. Send your contributions to lists@casparcommons.org

The checkered past of 95420 ([see the story](#) on page 6) puts Postmaster Sisco in a tough position. Our post boxes, according to "policy" aren't considered post boxes. They're part of a "neighborhood Box cluster" requiring a street address to qualify as "in the neighborhood." Part of Caspar (Gibney Lane, Road 409, and Caspar South) get home delivery. Apparently, we are being punished because we lost our post office and zipcode.

Maybe our wonderful Postal Pavilion doesn't qualify as a Post Office, but let's get the USPS to recognize our post boxes as , um, what's the word ... oh, yes: post boxes!

This unfriendly bombshell landed in post boxes on Wednesday, June 3, and immediately set off a firestorm of anger, bewilderment, and in a few cases, genuine sensibility!

Ray Duff writes (to the Caspar Board) "Over the years we have all received different directions from USPS about how to address mail. I am not sure if all comply with the latest information ... other than threats, there has never been an effort by USPS to assist us in making address changes. I wonder...how we can inform persons we communicate with only once a year, like seasonal cards and letters..." Ray concludes, "I am willing to be part of any effort to cool off the situation between the USPS and Caspar."

The Sisco letter includes the phrase "Please contact me if you have any issues," but this is, apparently, disingenuous.

Basing her thoughts on expressions at neighborhood gatherings by Caspar residents who prefer (in the strongest terms) not to reveal their street addresses promiscuously, Sienna Potts writes "I called Ms. Sisco to try to talk with her but she was not at all interested. I told her that there are times when I need to get mail from a person or entity that I do not want to have my physical address as I live alone. I said that even with my physical

—Michael

Gertie Goes to Mendo!

Gertie the Gorse Monster is getting ready to march in the Mendocino 4th of July Parade. (She won first prize last time out, in 2011; [here's her photo album](#)) She'll need people to bring her to life (that head is heavy!), to give her music to dance to, and walkers or dancers to join her. The same team will parade with her at CasparFest. We will be meeting Thursday, June 11, at 10:00 at the CCC barn to plan and maintain Gertie.

Saturday, July 25 CasparFest

CasparFest is coming up next month!
Please join us for the next Planning Meeting:
Thursday, June 25, 11 am - noon
We've had some great meetings so far but we need more people with ideas and energy to help us make this year's CasparFest a fun day at your Community Center.

We're working on a Fun Zone for kids of all ages -- help us out with your ideas or creative skills. We're having some trouble finding a motivated kids' entertainer -- or 3 -- to play 'parent' for our Kid's Activities. Could that be you or somebody you know? The more people we have working together, the more fun we'll have partying together!

The music is all lined up (Soul Shakedown, The Coastal Rangers, Erin Brazill and the Brazillionaires, The Mixed Nuts & Lafe Crick), but we'll need plenty of help with set-up & take-down. The Mendocino Swing Dance Society is lending us their wonderful stage so we will have a good surface for dancers.

The Caspar Kitchen Crew will be preparing a variety of largely local food. We're planning to do a lot of prep in advance so we can provide a range of tasty treats. Ice cream sandwiches? Yes, please! Working in the kitchen is as good a way to spend time with your community as dancing together.

We are also looking for vendors for our marketplace. [Here's the application \(pdf\)](#). Non-profits are welcome free of charge.

Even if you can't come to this meeting, please share your thoughts with us by phone (964-4997) or [email caspar@mcn.org](mailto:email.caspar@mcn.org)

The Caspar Kitchen Crew will be preparing a variety of largely local food. We're planning to do a lot of prep in advance so we can provide a range of tasty treats. Ice cream sandwiches? Yes, please! The first kitchen work party will be on Thursday, July 2 at 10am. Working in the kitchen is as good a way to spend time with your community as dancing together. Please call Dalen 964-4997 to let her know if you would like to help.

Friday, June 19 8pm Choro das 3 Caspar Community Center \$20 at the door

Choro das 3 (pronounced: *Shoro das tres*) is a Brazilian instrumental group of three sisters and their father that first started to play as a band in 2003. Corina, 25, plays flute and piccolo. Lia, 23, plays 7-string guitar. Elisa, 20, plays mandolin, banjo, clarinet and piano. Their father, Eduardo, plays pandeiro (the Brazilian tambourine).

The music they play is called Choro. Choro is a form of urban jazz native to Brazil that shares a similar feel with New Orleans jazz or ragtime or bluegrass.

As little as ten years ago, Choro was mostly played by older musicians. It was in danger of dying out. Choro das 3 took a mission to keep Choro alive and to spread Choro around the world. Today Choro is played by musicians young and old, and is no longer in danger of going extinct.

Tickets \$20 at the door.

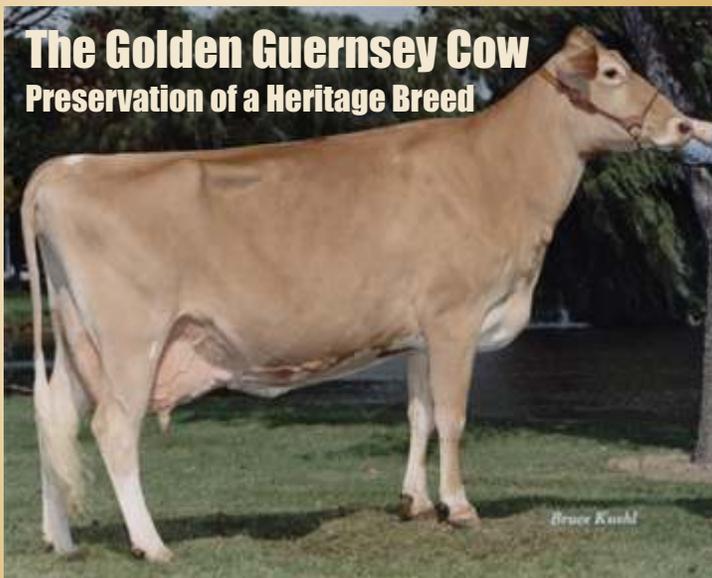
Saturday, June 27th 10AM-2PM HEADLANDS WORK DAY

A small but stalwart crew continues to convene at 10am on Fourth Saturdays to clear trails and combat invasive exotic species on Caspar's Headlands. If you walk the Headlands, please note the piles of drying Gorse and Broom beside the trails.

This labor of love reminds those of us who put on stout shoes and gloves to battle these pesky invaders of two things: we are (most of us) invaders, too, and before we plant *anything* we must consider how it will grow after we are gone. More important: a few hours a month maintaining our shared sacred space makes a big impact if we just keep at it, month after month.

There will be a special abbreviated workday on CasparFest Saturday, July 25th, followed by a working lunch at the Fest for planning our next 12 months of work days.

The Golden Guernsey Cow Preservation of a Heritage Breed



Pictured at left, Tillamook.com's Cow of the Month for December, 2011. [The Association's love song to the Golden Guernsey begins, "A Tillamook Guernsey."](#)

"Here in Tillamook County, we think all cows are special, but wait until you hear about these gals – the golden Guernsey. They got their nickname because of the color of their milk! Guernsey cows produce milk that is very high both in butterfat and protein. But what makes it uniquely golden in color is the concentration of beta carotene. This golden milk was very popular around the 1950s.

contributed by Luke Mason

Heritage animals are developed through careful selection over hundreds of animal generations to fit a specific environment, type of farming or purpose. The resources of early farmers were usually limited. As a matter of necessity, farmers quickly learned to keep and breed only those individual animals that thrived and provided a good return for the farmer's (often minimal) investment of feed, shelter and labor. Characterized by limited resources, these farming systems produced breeds of animals that are still productive today as well as uniquely adapted to local conditions, a key feature to heritage breeds. Breed development is an intricate story of the strong and specific connections among animals, land, culture, and the needs of the people who use them. The genetic legacy embodied in these breeds is a key to the future of sustainable agriculture, but heritage breeds are now endangered.

As agriculture has become dominated by industrial models, the criteria for animal selection has shifted away from important traits like an animal performing well on pasture, to animals that produce more milk on agricultural waste by-products (herbicide/pesticide-sprayed genetically-modified cotton seed meal, soy cake, corn, etc.). The industrial model requires the confinement of animals, standardized feeds, and only a few modern breeds that produce the most in such systems. In the dairy world this means that the classic black and white Holstein cow is dominant because it produces more milk (of lower nutritional quality) than any other breed. There is a higher ratio of water in Holstein milk and therefore less vitamins, minerals, protein, and butterfat per gallon. Industrial agribusiness has no place for heritage breeds and since this has become the prevailing system, heritage breeds with their genetic diversity

are disappearing rapidly. Global estimates are that 190 livestock breeds were lost forever in just the past 15 years. The Food and Agriculture Organization of the United Nations estimates that 35 percent of livestock and 63 percent of poultry breeds could succumb to the same fate in the next few years.

Intensive confinement operations require high amounts of inputs and energy. As fossil fuels dwindle, we will need to revive and select for animals that will thrive within our region with sustainable inputs. Every time a heritage breed is lost, another genetic possibility for adapting to unforeseen climatic changes or another future challenge is lost. Preserving these breeds preserves our ability to adapt to the future. Because heritage breeds are so well adapted to low-input farming, they offer an ideal opportunity for small-scale sustainable farmers and ranchers to raise resilient, economical livestock. Having more farmers make connections with heritage breeds is the best assurance that these breeds will have a future. The final success or failure of breed survival often depends on animals living on real farms managed by real farmers, who need an economic return from their animals in order to make a living. Successful farmers make for successful breed conservation.

Guernsey Cow Profile

Origin: Isle of Guernsey (near France)

Purpose: Dairy

Size (M/F, lbs.): 1,700/1,200 - medium sized cattle.

Color: They come in one color: brown (ranging from fawn to golden red), nicely accented by white spots or white trim. Guernseys have yellowish-orange skin.

Owner skill: Novice to intermediate

Temperament: Docile

Foraging Ability: Average

Ideal Climate: Temperate

Preservation Status: **Watch** - Fewer than 2,500 annual registrations in the United States and an estimated global population of fewer than 10,000.

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The **Watch** category also includes breeds that have special threats to their genetic integrity or a limited geographical distribution, putting the breed at risk from a common disaster such as disease or natural catastrophe.

History of Guernsey Cattle

Guernsey cattle share a rich and colorful history with the Jersey and Alderney breeds, all of which evolved on islands located in the English Channel between England and France. Collectively they're known as the Channel Island breeds; although the Alderney cattle are now extinct (the last few Alderneys were eaten by German Army soldiers during World War II). The story of the golden Guernsey begins around 1000 A.D. when Robert I, Duke of Normandy, sent a group of monks to the Isle of Guernsey to assimilate the natives and guard the island from piracy. They brought cattle with them: *Isigny* cattle from Normandy and the *Froment du Léon* from Brittany. This founding population was variable in size and in color, including white, red, black, brindle and fawn animals. Over the next several centuries, cattle on the island were selected for the richness and quantity of their milk, and performance was gradually improved. Channel Islands cattle were exported to England beginning in the 1700s, where they were widely used in the establishment and improvement of other breeds. There was extensive trade between the Channel Islands and England, France, and the Netherlands, and cattle were part of this trade until the early 1800s. At that time, cattle imports into the island of Guernsey were stopped and the island's herds were closed. Since then, the export of breeding stock from the islands has been a major agricultural enterprise. Guernsey cattle were first imported to North America in the 1830s, with importations peaking in the late 1800s and early 1900s. The Guernsey Cattle Club of the United States was formed in 1877. The breed was a significant genetic foundation for the American dairy industry, contributing to the general mix of dairy cattle as well as being used as a purebred. The Guernsey was once America's sweetheart dairy breed. Americans considered Guernseys such a hardy, productive breed that three Guernsey cows named Deerfoot, Emmadine and Klondike accompanied the Byrd expedition to Antarctica to provide milk for its intrepid adventurers.

Guernseys have had a prominent place in American agriculture, but the breed has fallen into decline in recent decades. With the dairy industry focused exclusively on the quantity of milk produced under confinement conditions, and pricing favoring the quantity of fluid milk over the quality of the components (such as protein and butterfat), the Guernsey's strengths lost market value. Between

1970 and 1990, annual registrations of purebred calves dropped by 60%. Some breeders have sought to stop this decline by increasing milk production, often through the introduction of Red Holstein genes. This strategy has not been successful at increasing production enough to make the Guernsey competitive with the Holstein, and instead it has caused the breed to lose some of its genetic distinctiveness. The Guernsey is strong numerically, especially in Britain, but the breed has an uncertain future. It is not clear if the Guernsey can take advantage of the movement to grass-based dairying (as has the Jersey cow), nor is it known if changes in component pricing may return some of the market value to its milk. Traditionally the breed was a good grazer, able to produce on quality pastures, and adaptable to a variety of climates and conditions. These abilities will be called upon if the Guernsey is to regain its historic place as a leading dairy breed.

Milk of the Guernsey Cattle

Guernseys are the quintessential family milk cow. According to registry research, 100 percent Guernsey milk contains 12 percent more protein, 30 percent more cream, 33 percent more vitamin D, 25 percent more vitamin A, higher B1, more B12, and 15 percent more calcium than the milk produced on the average commercial dairy farm. A distinctive characteristic of the breed is the golden color of its milk, which results from exceptionally high levels of beta-carotene, a precursor to Vitamin A. It is thought that the Guernsey excels in its ability to absorb this nutrient and transfer it to butterfat. Guernsey milk has been promoted under the trademark Golden Guernsey. 100% Guernsey milk is ideal for making quality dairy products and results in delicious and creamy golden butter and cheeses. Her qualities as the producer of a unique golden colored milk high in protein and butterfat and rich in flavor made her the envy of the emerging dairy industry of the nineteenth and early twentieth centuries. Pure Guernsey milk was once widely marketed under the American Guernsey Association's Golden Guernsey trademark where it fetched a premium price; it was particularly popular during the 1950's. Golden Guernsey milk is still produced in the United States, only on a far more limited scale. As a national herd, about 90% of Guernsey cows produce A2 milk, by far the highest percentage of any traditional dairy breed in the world. A2 milk doesn't produce the detrimental health effects of A1 milk (for more information see the book [Devil in the Milk](#) by Keith Woodford). With interest in A2 milk growing, more and more consumers and home dairies are turning to the Guernsey cow as their source of quality A2 milk.

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Notes on Guernsey Cattle

Guernsey cows are noted for their docility and ease of hand milking, particularly in a family cow setting. In his book *Oxen: A Teamster's Guide*, Drew Conway rates Guernsey steers best bets for novice drovers' first teams due to their gentleness, intelligence, and ease of handling. They are highly efficient grazers that require 20 to 30 percent less feed than larger cattle (such as the Holstein or Brown Swiss), while producing more milk per unit of body weight than any other breed, making them ideal for grass-based and organic milk production. Research has shown that Guernseys have the lowest incidence of calving difficulty of any of the major dairy breeds. This is witnessed by the fact that there is no need for AI (Artificial Insemination) companies to indicate 'Calving Ease' bulls in the Guernsey breed. Trials have shown that Guernseys also calve easily even when crossed with heavier beef breeds. Guernseys are noted for their longevity and producing well into their late teens.

I am working to preserve the Guernsey breed while adapting them to this region and ecologically sound methods of management. My intention is to create viable herds that can form a foundation for local food self-sufficiency while partnering with these livestock to become stewards of the land. I practice Holistic Land Management which utilizes rotational grazing to improve soil fertility, increase plant diversity and increase wildlife habitat by creating rich healthy pastures. I also aim to encourage perennial native plant species and sequester carbon. I live north of Fort Bragg and would like to relocate to the Caspar area. I'm looking for ~10 + acres - between Fort Bragg and Mendocino for cows and chickens.

Luke Mason
lukelicious1@inbox.com

References available.

Luke submitted this as a first draft. If you found it interesting, let him know. Judy Tarbell recommends Luke and his Golden Guernsey as an potentially delightful (and delicious) addition to the Caspar landscape. Whether or not this article entertained you, may I encourage you to submit something that would? -ed



A Short History of 95420

Before 1986, Caspar had a real Post Office. In 1986, Georgia Johnson, our beloved Postmaster, retired. That's Georgia in the dark glasses beside the pillar at the center of the photo. Paul Kish, the other pair of dark glasses, took this photo.

In a triumph of bureaucratic incompetence, the USPS deleted Georgia, the Caspar Post Office, and the zipcode 95420, in one fell swoop. Suddenly, mail addressed to box 88 in Caspar was being delivered to box 88 in Fort Bragg.

Ooopsie!

Before we could get this straightened out, we made some friends. Turns out that box 88 in Fort Bragg is the Grange, and I made fast friends with the jolly Grange secretary. Needless to say, not everyone's mail was as pleasantly retrieved.

USPS got the deletion of the zipcode reversed within a month, an amazing feat, but not before the error had propagated to mailers far and wide. While most mail continued to be delivered to boxes arrayed in the weather along the north side of the old post office building, the Fort Bragg postmaster decreed that our proper Caspar addresses were now consisted of a street address plus the number symbol plus our box number ... but *never, ever* the word "box"! or our mail would get delivered to our opposites in Fort Bragg.

In practice, even cryptically addressed letters (like "Potts/Boxholder/95420") have been delivered, because small town letter carriers are nice people.

This edition of
Caspar Community News
was laid out by Michael Potts

The CasparFest edition will appear in July. Submissions of activities, events, or information of interest to Casparados is invited. Send them to lists@casparcommons.org
BEFORE JUNE 30

We ❤️ Caspar

Gertie Goes to the July 4th Parade - 2011



Postal Pavilion



Road 409 folk after a successful clean-up
Road 409 Neighborhood Gathering



Gorse Broom

A Good Year for Gorse & Broom Seed
on the Headlands

