


 A photograph of a Walmart store exterior. The building has a blue sign with the Walmart logo and the word 'WALMART' in large white letters. There are several cars parked in the lot in front of the store. The sky is clear and blue.
 

WALMART

# VICFA Voice

**Our Mission:** *To promote and preserve unregulated direct farmer-to-consumer trade that fosters availability of locally grown or home-produced food products*

September 2011

## In This Issue:

**Partnership For A Healthy America Doesn't Mean More Wal-Marts!**

**VICFA Notes:  
September Meeting  
& Announcements**

## Partnership For A Healthy America Doesn't Mean More Wal-Marts!

By Bev Hill

A conference held in Washington this week featured First Lady Michelle Obama's Partnership For a Healthier America, and executives from Wal-Mart, Super-Valu, Walgreens and others. Mrs. Obama's plan aims to reduce childhood obesity in America by bringing more supermarkets to **food deserts** in this country.

There's something bothersome about this. These mega-chains have vowed to open more stores in inner city and rural communities where residents have no grocery stores, but shop at **convenience markets** instead. In reality it will only lead to more monopolization of the food system by Wal-Mart, who has already garnered over 25% of grocery sales in the country.

Wal-Mart started out in rural America where there was no competition from other smaller regional grocery chains. Mom and Pop businesses were the town's providers. These small grocers, hardware stores, bakeries, appliance, clothing shops, and drug stores have fallen by the wayside as Wal-Mart bulldozes its way in. Ghost towns appeared where once vibrant shopping areas flourished following the opening a Wal-Mart nearby.

These giant chains do not put money back into a community. True, they provide low wage, part-time jobs and increase the tax base. They do not reinvest in an area by buying from its local businesses. The corner store is more likely to put three times as much into the local economy. Procuring other local services like support of local farms for produce, area advertising, accounting, printing, supplies, repair and maintenance from local contractors are just a few.

Monolithic supercenters, where every item at every store is the same, totally exclude small businesses. Wal-Mart's vast buying power allows them to undercut prices of local enterprises. Suppliers are constantly badgered to lower prices. If one doesn't, they simply go elsewhere. As noted in "**Big Box Swindle**" by Stacy Mitchell, the sheer buying power of Wal-Mart is every manufacturer's dream.

What about healthy food? The produce section at Wal-Mart contains no locally grown or organic fruits or vegetables. Much of it is from U.S. climates hundreds or thousands of miles away selected specifically to grow for Wal-Mart in the massive volume & uniformity they need. This is not local,



*continued on page 2...*

continued from page 1...

nor is it good for the local economy.

The shelves contain the same junk found in convenience stores. Microwaveable meals, boxed and canned concoctions filled with artificial ingredients, high salt and sugar, food dyes and mystery ingredients. It will continue to exacerbate the health problems of those with high blood pressure, heart disease and diabetes that shop at convenience stores. Food dependence on a Wal-Mart will not bring healthier eating, just more of the same old stuff but on a larger, cheaper scale.

**Walgreen's** and **Dollar General** are not grocery stores. Walgreen's, originally a drugstore, and Dollar General, as its name implies, a discount pseudo-dollar store, are not food providers. They will sell the same unhealthy garbage that Obama's plan is trying to get them away from! After all, they are convenience stores.

Mrs. Obama's objective should be to save local businesses. Local residents should be more food sustainable. **Growing Power**, founded by Will Allen, teaches people how to grow their own food all season. Transforming lots in Milwaukee, Wisconsin, focusing on mentoring youth and empowering them to grow their own food, Mr. Allen's vision surpasses Mrs. Obama's plan. While her plan lines the pockets of a gargantuan, industrialized beast, Mr. Allen's program not only adds jobs, but teaches core values, responsibility, environmental stewardship, sound business practices, food security and the benefits of networking in the local community. This is a community-inclusive plan, not a community exclusive one as with Wal-Mart.

The goal should be: by the community for the community, not selling the souls of a community's economy and continuing to damage the health of its citizens for the advancement of Wal-Mart and the industrialized food system. ■

#### REFERENCES:

- <http://goodfood4all.com/MyTownIsAFoodDesert.aspx>
- <http://goodfood4all.wordpress.com/2011/05/01/my-town-is-a-food-desert/>
- [http://www.amazon.com/Big-Box-Swindle-Mega-Retailers-Independent-Businesses/dp/0807035017#reader\\_0807035017](http://www.amazon.com/Big-Box-Swindle-Mega-Retailers-Independent-Businesses/dp/0807035017#reader_0807035017)
- <http://www.dollargeneral.com/Pages/index.aspx>
- <http://www.walgreens.com/marketing/about/history/default.jsp>
- [http://www.growingpower.org/about\\_us.htm](http://www.growingpower.org/about_us.htm)

Bev Hill, environmental food activist, has more information about sustainable farming, food & your health & the importance of supporting your local farmers on her website:  
<http://www.goodfood4all.com>

**VICFA is on Facebook!**



<http://www.facebook.com/groups/19160169000/>

## Court Of Appeals To Hear Arguments In Scrapie Case

A three-judge panel of the Court of Appeals of Virginia will hear arguments with respect to Wayne Russell's challenge to the Virginia Scrapie Regulations for goats and sheep on September 13, 2011 at 10:00 a.m. The hearing will be held in the Court of Appeals Hearing Room at 101 North Eighth Street in Richmond, Virginia. (This is right next to the parking garage for St. Paul's Church.)

On October 13, 2010 Albemarle Circuit Judge Cheryl Higgins, granted the State's Motion to Dismiss Russell's challenge on the grounds that the suit was not filed in a timely fashion.

Attorney for Russell, Norman Lamson, determined that there were numerous errors in the Judge's decision and an appeal was taken. Briefs were filed by both parties and the appeal is now at the oral argument stage.

These regulations are particularly burdensome as they require farmers to register their farms with the State to obtain a premise identification number and identify their animals. Farmers are also required to keep records (which are subject to inspection by representatives of VDACS) for 5 years every time they buy, sell, barter, lease, trade, loan, exhibit, or otherwise move from one management to another, any sexually intact goat or sheep, unless that animal goes directly to slaughter. Any violation of these regulations is a first class misdemeanor, punishable by a year in jail and/or a \$2,500 fine.

Arguments on September 13th will not only address the timely filing of the suit, but also the question of whether the Board of the Virginia Department of Agriculture and Consumer Services was even properly composed. The Presidents of Virginia Tech and Virginia State had been sending replacements to represent them at the Board Meetings, but this practice was not authorized by statute.

The public is allowed in to hear the arguments. A ruling will follow within a couple of weeks. For more information contact Christine Solem (434) 973-6505.

## DEXTER MULTI-PURPOSE Beef, Milk & Draft

Bulls, Cow/Calf Pairs, Cows, Heifers  
**AVAILABLE**

*Black, Dun, Horned & Polled*

**Cove Branch Farm**  
Newcastle, VA

**(540) 864-5230**  
ifarmueat@aol.com

# VICFA Notes

## Come to our Sept. Meeting

The September Meeting will be held in Newcastle, VA on Sept. 11 2011.

We will share in a potluck lunch at 1:00 pm, followed by our general business meeting from 2:00 - 4:00 pm. VICFA membership meetings are open to the public. Please bring a dish and a big helping of enthusiasm to share. Broaden our reach - invite a friend or neighbor to join you.

**Sunday, September 11, 2011**

**at Cove Branch Farm  
771 Barbour's Creek Rd  
Newcastle, VA**

### DIRECTIONS:

**Via I-81: Exit 156** (Troutville)- Go right on Rt. 640 (Brugh's Mill Rd.)- proceed to Rt. 220 approx. 4 miles. Turn right (north) to Fincastle (a mile or so). The trickiest part; take a left on Rt. 606 (Herndon St.) (there is a garden center and hardware on the corner). You'll come to an intersection, crossing Grove Hill Rd., stay on 606 for approx. 8 to 10 miles across Caldwell Mt. and into Craig County until 606 dead ends into Rt. 615 (Craig Creek Rd.). Turn left on Rt. 615 and travel about a mile and turn right into Rt. 611 (Peaceful Valley Rd.) at Crossroads Church on corner. Follow Rt. 611 about 4 mi., turn right on Rt. 617 (Barbour's Creek Rd. and USFS sign "The Pines"). We're 1/2 mile up Rt. 617, the house will be on the left, 771 Barbour's Creek Rd.- three mailboxes on right, driveway on left.

**Via I-64:** Exit 21(Lowmoor) Left on Lowmoor Rd. under railroad. Right on Rt. 616 (Richpatch Rd.). Left on Rt. 617 (Jamison Mtn. Rd.), cross the mountain to Craig County 9 mi.( changes to Barbour's Ck. Rd.) to first house on right. 771 Barbour's Creek Rd., three mailboxes on left, driveway on right.

**From Salem:** North on Rt. 311, Continue through New Castle about 5 mi., turn right onto Rt. 611 (Peaceful Valley Rd.) about 4 1/2 mi. turn left on Rt. 617 (Barbour's Creek Rd.), about 1/2 mile, driveway on the left, with three mailboxes on the right.

*Countryside Natural Products Is Now:*



*And we have moved to a new, larger location in Waynesboro, Virginia.*

- Certified Organic, Soy-Free Feeds
  - Animal Health Products
- OMRI Approved Organic Gardening and Farming Products

Delivery Available Throughout Central Virginia  
See our Website for Driver Dan Delivery Routes  
– Nationwide Shipping –

[www.countrysideorganics.com](http://www.countrysideorganics.com)

888-699-7088

801 2nd Street, Waynesboro, VA 22980

## Advertise in VICFA Voice!

### Classified Ad rate per month, prepaid:

\$5 first 25 words, \$ 0.20 per word thereafter.

### Display Ad rate per month, prepaid:

PAGE SIZE	1 MONTH	6 MONTHS	12MO.
<b>Full page</b> (size - 8"x10.5")	\$100	\$95	\$90
<b>1/2 page</b> (sizes - 8"x5.25" or 4"x10.5")	\$50	\$47.50	\$45
<b>1/4 page</b> (size - 4"x5.25")	\$25	\$23.75	\$22.50
<b>1/8 page</b> (size - 4"x2.5")	\$12.50	\$11.88	\$11.25

# VICFA

PO Box 6838  
Charlottesville, VA 22906

---

## VICFA

Virginia Independent Consumers and Farmers Association  
President, Wayne Bolton  
Vice President, Lois Smith  
Treasurer, Rose Lawhorne  
Secretary, Anne Buteau

Members At Large: Richard Altice, Suzi Croes,  
Christine Solem, Emily Turtlewoman, Martha Boneta

Website: [www.VICFA.org](http://www.VICFA.org)

E-group: <http://groups.yahoo.com/group/VICFA>.

Editorial Review: Lois Smith and Anne Buteau  
Proof Reader: Anne Buteau  
Contributing Columnist: Bev Hill  
Designer: Shannon Sankar

VICFA Voice is published monthly by a volunteer staff.  
Copyright © 2011. All rights reserved. Distributed free  
to all members and select mailing list. No part of this  
publication may be used without written permission of  
the publisher. Contribute to this publication via email to  
[editor@VICFA.net](mailto:editor@VICFA.net) or by mail to Editor, VICFA, PO  
Box 6838, Charlottesville VA 22906.

---

## Share this newsletter with a friend - encourage others to join VICFA!

Annual membership is \$25.00.

Please make check payable to VICFA and send to PO Box 6838, Charlottesville, VA 22906.

### MEMBERSHIP FORM (please print clearly)

\* Required fields

\*Date \_\_\_\_\_  
\*First Name \_\_\_\_\_ \*Last Name \_\_\_\_\_  
Company /Farm Name \_\_\_\_\_  
\*Address \_\_\_\_\_  
\*City \_\_\_\_\_ \*State \_\_\_\_\_ \*Zip \_\_\_\_\_  
County \_\_\_\_\_ Congressional District \_\_\_\_\_  
\*Phone ( \_\_\_\_\_ ) \_\_\_\_\_ - \_\_\_\_\_  
E-mail \_\_\_\_\_  
Website \_\_\_\_\_

Producers, please list the products that you sell:

\*Do you want to be listed in the Membership Directory?  Yes  No

Note. Your directory listing will contain all of the above information unless you indicate otherwise below.

How did you hear about VICFA?

Comments: