



# 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 2012

## In This Issue:

### **COMING TOGETHER, BRINGING ABOUT CHANGE**

*The impact of learning and sharing together for common goals*

### **JOIN US FOR OUR EVENT ON SEPT. 30**

*Registration Deadline has been extended to Sept. 25  
Visit [www.vicfa.org](http://www.vicfa.org) to RSVP*

### **POSITION AVAILABLE**

*There is an opening on the VICFA Board of Directors. Please contact us if you are willing to help. Visit our website at: [www.vicfa.org](http://www.vicfa.org) for more information*

### **VICFA Notes:**

#### **October Meeting & Announcements**

## Coming Together, Bringing About Change

*By Suzi Croes*

Wow! Summer is almost over. The shift can be felt all around us; and while we are gearing up for this year's Civil Liberties and Food Freedom Dinner that is being held at Hilton in McLean, Virginia on September 30, I am reminded of the first Farm Food Voices event I attended with a feeling of gratitude. The invite came as a call from a fellow Weston A. Price (WAPF) member and was held south of Charlottesville. At that time, I had never heard of the Virginia Independent Consumers and Farmers Association (VICFA). Sally Fallon and Joel Salatin were two of the many speakers that night. We shared in wonderful culinary dishes that had been donated by VICFA and WAPF members with regional chefs preparing locally-raised meats and vegetables. I was asked to bring a dish to share. It was more than the lure of great food and speakers that enticed me to drive one and a half hours to be there. It was the sense that something special was taking place...a gathering of like-minded people who shared the desire for good, healthy food, and the need to understand - and perhaps change - some of the issues that prevented these foods from being freely marketed or even obtained at all.

"Freely marketed" - now that is something to think about. Current legislation has kept the large corporate market safe from local competition for so long that many people have forgotten what farm food even tastes like. Occasionally, someone will wistfully recall a home-smoked ham or pickled peaches from their youth as the choices for many have been slim and the link to farmed food has been severed, leaving many in a generation without even a memory. It is this lack of free market in the food arena that has driven many back to the land, rediscovering their roots in the soil, and fueling the push to produce foods of choice. Clearly ready for something other than what we have been given, many people are still unaware of the battle for the control of our food choices in commerce.

Change happens. Sometimes it happens quickly; and sometimes it happens by slipping in peacefully or charging in violently. Sometimes change occurs slowly, birthed by hard work and diligence until spontaneously erupting when critical mass is reached. At that first Farm Food Voices event, I learned about NAIS (National Animal Identification System), a program that would lock down all animal production on a small farming scale, which was eventually scrapped by the USDA because of opposition from small grass-roots groups like VICFA from all over the country. Without the hard work of the past and current members of VICFA, I would not have known of NAIS and many other legislative blocks that have existed over the years and perhaps, I would not be farming as freely as I do today. I am proud to be a VICFA member and add to the inertia of change.

*continued on page 2*

continued from page 1

It is not an easy thing to take on government backed big Ag or a feel-good “save the whales” conversation around cocktails. Many are so removed from their source of food, or so stressed out from living in our mad, mad world’s busy pace, that food freedom is one more daunting item in a long check list of fix-its. This is precisely why something as simple as breaking locally-baked bread together at the dinner table and taking in some thought-provoking ideas are so important.

While this year’s dinner on September 30 is a little different from the past potlucks, I know that others who are listening will be enlightened, empowered, and encouraged to stand up together and help shape a better environment for small farmers and consumers everywhere, certainly here in Virginia. And so it is with a grateful heart that I thank all past and present VICFA members for their hard work. Also, thank you Elly, for the call that invited me to that first Farm Food Voices event years ago. I hope to see you there at this year’s event. ■

## REGISTRATION DEADLINE Sept. 25, 2012

*Hurry!*

Visit [www.vicfa.org](http://www.vicfa.org) to register by  
**September 25, 2012**

Join us on Sunday, September 30 from 4:00 PM until 8:00 PM at Hilton McLean-Tysons Corner. This event will feature an introduction by VICFA President, Wayne Bolton; keynote speakers Joel Salatin of Polyface Farm, John W. Whitehead of the Rutherford Institute, and a special three-course meal by Chef Thomas Elder of härth restaurant.

**Need to register by phone?** Please call one of the following Event Planning Committee Members:

Lois Smith, Vice President – 804-366-6051  
Rose Lawhorne, Treasurer – 540-661-7544  
Suzi Croes - Board Member - 540-419-6571

### Admission:

Vendors: \$75.00    Attendee: \$65.00

*(Pay by check or online during the registration process)*



## OPEN POSITION Board of Directors

VICFA needs your help! We have an opening on the Board of Directors. If you can volunteer, please contact us as soon as possible.

### Got a story to tell? Let us know! **NEWSLETTER**

The newsletter can use your contributions. If you'd like to write an article or submit news or other information, please contact us!

## SHARING TOGETHER VICFA Moments



Exchange student, Clara from Paris, France (holding tomatoes), visits Paris, VA!



The Legendary Wayne Bolton. (VICFA President)



Theo, from Provence, gets an American farm education at Polyface Farm.



Supporting Food and Farming Freedom at Paris Barns, VA.



Two happy Kids!

Photos by Susan and Patricia Verbeeck

Remember to find VICFA on  
**FACEBOOK**

# VICFA Notes

## Don't miss our Oct. Meeting

The Oct. Meeting will be held in Partlow, VA on Oct. 14, 2012.

*DAYLIGHT SAVINGS TIME HOURS ARE NOW IN EFFECT*

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, October 14, 2012**  
*hosted by Rose Lawhorne*  
107 Oak Crest Drive  
Partlow, Virginia 22534

### DIRECTIONS:

**From Charlottesville Area:** From I-64 East; Take the VA-208 exit, EXIT 143, toward Louisa/Ferndcliff. Turn left onto VA-208/Courthouse Rd. After approx. 9 miles, Turn right onto E Main St/US-33/VA-208/VA-22. After about 5.6 miles, Turn left onto E 1st St/US-522/VA-208. Take the 1st left onto Louisa Ave/US-522/VA-208. Mineral Volunteer Fire Dept is on the corner. Turn right onto New Bridge Rd/VA-208. Continue to follow VA-208. After approx. 7.3 miles, Turn right onto Lewiston Rd. After about 3.9 miles, Turn left onto Dickerson Rd. In 1.6 miles, Turn left to stay on Dickerson Rd. In 2.3 miles, Dickerson Rd becomes Duerson Ln. In 1.9 miles, Turn left onto Partlow Rd. Take the 1st left onto Oak Crest Dr. 107 OAK CREST DR is on the left.

**From Northern Virginia/Richmond Area:** Take I-95 Exit 118. Go toward McDonald's and straight through the light at Route 1; go approximately 5 miles to the light at Pizzaro's Store. Turn Left on to Partlow Road. Go approximately 5 miles and then Turn Right on Oak Crest Drive.

*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, Christine Solem

Members At Large: Richard Altice, Suzi Croes,  
Ed Ely, Pearce Garner

Website: [www.VICFA.org](http://www.VICFA.org)  
E-group: <http://groups.yahoo.com/group/VICFA>.

Editorial Review: Lois Smith and Rose Lawhorne  
Proof Reader: Susan Verbeeck and Shannon Sankar  
Contributing Columnist: Suzi Croes  
Designer: Shannon Sankar

VICFA Voice is published monthly by a volunteer staff.  
Copyright © 2012. 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: