



Why Not Frack Farmland?



Millions of gallons of fracking fluid contains **632 chemicals**:

- 25% are linked with cancer or mutations
- 37% affect hormones
- 40%-50% affect kidneys and nervous, immune and cardiovascular systems
- 75% affect sensory organs and respiratory and gastrointestinal systems

Methane gas contamination in drinking water was 17 times higher near fracking sites.

Toxic wastewater, often radioactive, is stored in open pits before being trucked away.

SOURCE: www.thenation.com

VICFA

Virginia Independent Consumers and Farmers Association
 President, Lois Smith
 Vice President, Richard Altice
 Treasurer, Jay Smith
 Secretary, Christine Solem
 Members At Large: Richard Bean, Wayne Bolton, Suzi Croes, Ed Ely, Susan Verbeeck
 Website: www.VICFA.org
 Facebook: <https://www.facebook.com/groups/19160169000/>

Editorial Review: Suzi Croes
 Proof Reader: Susan Verbeeck and Shannon Sankar
 Contributing Columnists: Lois Smith; Bernadette Barber; and Suzi Croes
 Designer: Shannon Sankar
 VICFA Voice is published monthly by a volunteer staff. Copyright © 2014. 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 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: _____



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

January 2014

In This Issue:

Republican Advance
VICFA President, Lois Smith describes disappointment with political party polar perspectives that seem to squeeze Americans from both sides

Fracking In My Back Yard
A first-hand account of what is happening when hydraulic fracking hits close to home

SB 48
A summary of Senate Bill prohibition of gas and oil drilling

VICFA Notes:
January Meeting & Announcements

The Republican Advance 2013...FARM FOOD IGNORANCE

By Lois Smith

I had the privilege of representing VICFA and Farmer To Consumer Legal Defense at the Republican Advance. The Advance was held at the historic Homestead Hotel in Hot Springs, Virginia. I had never been to the hotel before, but I had heard stories of how the Homestead used to be fully self-sufficient, which included running their own dairy.

Back to the Republican Advance: I was surprised to find that quite a few people did not know much about food. First, we had to educate them on why we wanted to be able to buy from our neighbor farmers. Most people think that our food system has evolved to a better place without the knowledge of what we have lost. They see the abundance in the grocery stores and think why grow it? They do not realize that since 1960, you have to eat 40 times more spinach today to get the same amount of nutrition of yesterday. They do not know that raw milk, from a healthy cow, will not kill you or that you can eat raw egg yolks without dropping dead. In fact, if we do not start eating more enzyme-enriched foods, you will see future generations being less healthy. I was surprised when two women came up and yelled that people will get sick and die if they had the right to buy from a neighbor farmer. One lady even said that Asians were dropping over like flies because they eat local foods. The way she acted made me wonder if she liked spirits a little too much.

I was very disappointed with the issues that were discussed at the Advance. It made me realize that the two parties in our political system are at polar ends, but they are exactly the same on issues - in the middle. One side is pro-life and the other pro-choice, but whatever side you're on, and this is true of both sides, they want to control your choices in life: where to have your baby, what you are allowed to feed your children, etc. You see, both political parties are really quite the same. One talks of freedom yet delivers enslavement. The other talks about an equality that makes everyone enslaved. It was rather depressing to meet the people that are to lead us into the next decade, realizing that they do not want to understand the real issues that affect our lives, but rather only issues that affect their election.

Excuse me if this sounds cynical, but to leave my family and farm, and drive over a mountain, to stay overnight to ask permission to feed my children real food: food that was eaten by every generation before me, is a sad turn of events for an American.

Safe food is hamburgers with pink slime, eggs with no vitamin A because of the chicken concentration camps. We have to overcook our store bought food because it now has bacteria that are new to our generation. Then, we are told to clean with very strong chemicals to kill the bacteria on our kitchen counters. I know that if you are a VICFA member, this is old news,

but what I found at the Republican Advance is that I was not preaching to the choir. Most the attendees had never heard the facts about why we are pushing to open up direct farmer to consumer trade, or why we should not be treated like the cartel when we sell someone farm fresh foods.

I have to say, I am getting tired of making this stand. It has cost me time and resources from which my family could benefit. I do this because I want them to live in a country where they are free to eat food that is good for them. Many people have made sacrifices to ensure us the freedoms that we are enjoying in the local food movement. There are many more people benefiting from those efforts. Farmers' Markets have more than doubled. And small farmers have hope of being able to make a living while farming, if they sell directly. I think, because we are seeing less stringent regulations, that we are taking the hard work it took to deregulate our food for granted. I talk to people that are baking breads, having cow shares, making jams, jellies, pickles, pasta, flavored vinegars, herb teas, and granolas. And they have never heard of VICFA. When I tell them about VICFA, they do not seem to care much and certainly never cough up \$25 to join.

I wonder how long we would have these freedoms without the hard work of a few in VICFA or without the little bit of money VICFA asks for memberships. I would wager not for long.

Could you imagine the influence VICFA would have if everyone selling items mentioned above hard-fought items, and the consumers buying them joined with us? Think of the impact they would have if they would call and visit their delegates and senators and tell them to vote for direct food sales. Talk about food freedom, now that would be food freedom! ■

Fracking In My Backyard

By Bernadette Barber



As a small farmer and mother who raises most of my family's food on our land, I became aware and suspect of the "promise of Jobs and US energy production of Natural Gas by hydraulic fracturing.

First learning of hydraulic fracturing by a documentary called Gasland by Josh Fox, it certainly opened my eyes to where a portion of our electrical energy comes. Most of the drilling of which I became aware was from the Marcellus Shale in the Pennsylvania mountains. I never thought it would make it to the flat sandy soil of the Northern Neck of VA, which is where I have called home for 15 years. My first home my husband and I made was in Cove Point, MD. Walking distance from a natural gas plant now called Dominion Cove Point, which is building an export facility for Liquefied Natural Gas, LNG. Consider this, its approximately an hour and a half from the Harry Nice Bridge at King George County known as the Gateway to the Northern Neck to the Cove point facility, which received approval from the USDOE to export LNG.

The considerations I have are simple. Clean drinking water and independence.

I spent 57,000 dollars to drill an artesian well 450 feet deep, knowing it would supply my family's needs and my farming needs for our lifetime. That well feeds off the Taylorsville basin between 450-700 feet deep that spreads from Richmond, VA to southern Maryland, going under the Potomac River. The company that plans to frack for gas, Shore Exploration and Production, based out of Texas, plans on using that basin's water, 2 million to 8 million of gallons per well, mixed with a toxic chemical cocktail. It is an absolute irresponsible use of clean drinking water and there is no way that company can guarantee my water's safety. And if my water were to get contaminated, the burden of proof would be on me. In other areas where wells were contaminated, companies had to provide a life time of blue camels...huge containers of water. Years ago, I gave considerable thought to my family's and farm's clean safe water supply and saved dearly to buy it and provide our independence. There is no way I will sit back and let anyone jeopardize it. I am glad to see Richard Stuart introduced a bill, SB 48 to ban Fracking on the coast.

On Dec 12th attended a meeting in Montross, Virginia hosted by the Friends of the Rappahannock, a river conservation group. A slide show was given by Gwen Lachelt from Colorado who has lived the "energy" boom. She brought up many local logistical issues for county budgets and school safety. The energy companies would be using massive trucks 24/7 that erode the rural road systems and not conscientiously deal with the local school bus timing. There will be holding ponds of toxic Fracking fluids, lights on all night long, 24 hour noise, fumes during drilling, gas flaring and venting which sounds like jets taking off 24/7. Accidents, leaks, spills and improper waste water disposal have contaminated other communities in fracking areas.

The other issue, the industry wants to use is farms. I spoke with someone tied to the industry and she brought up the sad fact that so many farm kids leave Caroline county and that she thought this industry could save farms. We all know that selling food saves farms. An industry that could potentially destroy the water systems that give Life to the farm could never bring good to a rural community. ■

SB 48 Eastern Virginia Groundwater Management Area; prohibition on oil and gas drilling.

Summary as introduced:

Prohibition on oil and gas drilling. Prohibits the drilling for oil and gas in the Eastern Virginia Groundwater Management Area. When the General Assembly enacted the Groundwater Management Act in 1973, it declared that the continued, unrestricted usage of groundwater is contributing and will contribute to pollution and the shortage of groundwater, thereby jeopardizing the public welfare, safety, and health. The Act recognized that the state has the right to the reasonable control of all groundwater resources in order to conserve, protect, and beneficially utilize the groundwater of the Commonwealth. The bill would apply to groundwater and the associated aquifers in the coastal plain of Virginia. The bill would also require the Department of Environmental Quality to adopt regulations protecting surface and ground water resources before the Department of Mines, Minerals and Energy issues a drilling permit in those areas of Tidewater where such activity is allowed.

For full text and additional information:
<http://leg1.state.va.us/cgi-bin/legp504.exe?I41+sum+SB48>



For further reading related to the issues surrounding fracking, visit:
<http://www.thenation.com/article/171504/fracking-our-food-supply>

VICFA Notes

January Meeting

Our next meeting will be held in
Partlow, VA on January 12, 2014
**** Standard Time Hours ****

We will share in a potluck lunch at 12:00 pm, followed by our general business meeting from 12:00 - 3:00 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, January 12, 2014 at 12:00 pm
Hosted by Lois Smith • (804) 366-6051
4949 Partlow Road
Partlow, VA, 22534

DIRECTIONS: From the Richmond Area: Take I-95 North towards I-64 West. Travel for 35 miles. Take Exit #110/ VA-639/Ladysmith. Turn LEFT onto Ladysmith Rd. Travel for 5.7 miles. Bear right onto Partlow Road. Travel for 8.8 miles. Destination is on the right.

From Charlottesville Area: Locate East High St (US-250-BR). Turn RIGHT onto Long St (US-250). Travel for 4 miles. Continue on Louisa Road (VA-22). Travel for 5 miles. Bear right to stay on Louisa Road (VA-22) and travel for 17.7 miles. Continue onto W Main Street (US-33) for 1.5 mile, then Bear RIGHT onto Jefferson Hwy (US-33) and travel for 6.6 miles. Turn LEFT onto Pendleton Rd (US-522) and travel for 3.8 miles. Turn RIGHT onto E. 1st Street (US-522), then turn LEFT onto Louisa Ave (US-522) and travel for 5.4 miles. Turn RIGHT onto New Bridge Rd (VA-208) and travel for 7.2 miles. Turn RIGHT onto Lewiston Road. Travel for 3.8 miles. Turn LEFT onto Dickerson Road. After 1.6 mile, Turn LEFT to stay on Dickerson Road. Travel for 2.3 miles. Continue on Duerson Lane for 1.9 mile. Turn RIGHT onto Partlow Road. Destination is on the left after 0.6 mile.

2014 General Assembly: STARTING UP!

By Suzi Croes

Here at VICFA our we are focused on farming and food choice freedom. The fundamental need for nourishment makes food freedom a paramount issue. Many of our members already have worked hard to make changes and will continue to do so. I look forward to seeing our members come out this session and really make a difference. Lobby Day will be announced as soon as possible. Please check the website for updates: www.vicfa.org

Also keep track of bills and to look up your representatives check out: <http://viriniageneralassembly.gov/>

From your friends
at VICFA,
we wish you and
your family a very:
Happy New Year!



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

888-699-7088

801 2nd Street, Waynesboro, VA 22980