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If you have a letter to the editor, questions, would like more information or would prefer to receive an electronic version of this newsletter, contact us at: CAREFARMERS@yahoo.com

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The Role of Agriculture – the Big Picture

Tom Maurer

Agriculture includes many components and sometimes our intense focus on our individual interests causes us to lose sight of the bigger picture. In general, our problem results from the fact that farmers have become too efficient. We have become such a small percentage of the population, essentially out of the general public's sight. We are politically irrelevant not only because we are so few, but because we fight amongst ourselves, and our so-called farm leaders fail to represent our interests. The only time the general public talks about us, is when they complain about food prices or "farm subsidies".

In this first in a series of articles, we will begin by going back and looking at how farming started in the U.S. and how it has evolved. Subsequent articles will address the difference between wealth and money, supply and demand, agriculture and the national economy, and fixing the economic problems. If you have a topic or question you want us to cover, please contact us at the address below.

When the first settlers arrived, everyone was a farmer, not by choice but by necessity. Farmers built their own houses, made their own clothing, furniture, tools, maintained order, etc., also out of necessity. But as the country grew, the more successful farmers were able to feed more than their immediate families. As a result, they had crops for barter, later replaced by money, and could trade for or purchase goods such as clothing, bread, tools, furniture, etc. - work they had previously done themselves. In turn farmers could hire a miller to grind his grain or make flour for the baker, because the miller didn't need to farm and farmer had the wealth to pay him to grind feed and buy bread from the baker.

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Farmer Gives PDA Recommendations

The following is an open letter to the Pennsylvania Department of Agriculture:

Thank you for extending the public comment period. I thought it would have been considerate also to give a brief summary of the proposed changes in your hearing notification letter, as many of us do not use the Internet.

As a raw milk permit holder, only one of the proposed changes really concerns me. That is requiring the permit holders to pay for human pathogen testing. Besides soaking up 3-4 percent of my milk income, who will own the test results? If test results are sent directly to PDA, what happens with a positive test? Will PDA immediately notify the media, who trumps up the report warning everyone about this awful, dangerous raw milk! In this way the farmer is penalized with his own hard-earned money!

If this change is enacted, let the farmer pass the test results beside the water test, for the sanitation to check on his routine inspections.

But really, testing raw milk for human pathogens does not stand up to reason. Let me explain. By the time test results are returned from the lab, the tested milk is already consumed or processed. If that milk is really unsafe, the users are going to be sick before the lab says it's unsafe. It seems a lot like scanning yesterday's newspaper for fatal traffic accidents, to see if it's safe to travel on the road today!

Milk safety is a lot like road safety, come to think of it. For traveling to be safe, we need safe roads (sensible

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Raw Milk: First Hand Experience

Susan Blasko

I had brief encounters with the Amish and Mennonite Communities during my formative years in Pennsylvania. Our family would make an excursion to Lancaster County once a year for some farm fresh foods, and to catch a glimpse of a vastly different culture. I left Pennsylvania in 1979. Thirty years and three cancer diagnoses later I returned, and gained an appreciation for the wisdom of the Amish and Mennonite traditional ways. I was in search of my health and well-being, looking to re-discover some forgotten notions of what is important, what is good for the body and soul.

Significant changes and paradigm shifts came on the heels of my discoveries. One of these changes was pure and simple, and has helped to put me back on a path to wellness: I started drinking raw milk.

It was only after considerable research that I found the truth about raw milk. Now I fearlessly pour generous helpings with confidence that my immune system is being rebuilt after the ravages of chemotherapy. And within a few weeks of my first glass I began to notice other subtle improvements that I didn't expect.

Several years prior to my diagnosis, I began to "feel my age" when I awoke in the morning – minor stiffness in some joints, a little light-headedness if I would get up too quickly. After introducing raw milk into my diet I realized one day the absence of these conditions that I had lived with for so long. I discounted it, thinking they would rematerialize with the next rain storm or cold spell. Even now sometimes I expect to feel a familiar ache or pain, but it has never returned.

Another benefit I have noticed is that my digestive disorders have vanished. I attribute this to the enzymes and beneficial bacteria that are left intact in raw milk, and the cultures that are present in the kefir, yogurt, cheese and other preparations that I consume daily. With all of them setting up house in my digestive tract, my food is being

assimilated more completely and with less effort and strain on the rest of my system.

But the most amazing change is that my vitamin D level is now in the normal range after being dangerously low. I achieved this at the same rate that I achieved it when I was taking high prescription doses of synthetic vitamin D. Today I will have a bone scan to see if my osteopenia has been reversed after using raw dairy products for little more than a year. I'll keep you posted via an update paragraph in the next C.A.R.E. newsletter. Stay tuned!

I am forever thankful to the Amish and the Mennonite farmers for

preserving their traditions and being such excellent stewards of the land and animals. I'm especially thankful to those who supply my raw milk – they know who they are! And to the generous Amish Mennonite family that hosted me for a week on their dairy farm, thank you for sharing your life and your faith with me. I learned so much.

Has consuming raw dairy improved your health?
If you want to share your story send it to carefarmers@gmail.com.

When The Sludge Hits The Fan

United Sludge Free Alliance

What is sludge? Why should you care? For just one moment, think of everything that gets flushed or rinsed down the drain in your home. In America, we don't separate our household and industrial waste so all the human waste, cleaners, poisons, soaps, and pharmaceutical combine with the waste of every business, industry, school and hospital to create a toxic stew that collects at one of over 16,000 waste water treatment plants (WWTP). Include in this mix the leachates from landfills, Superfund sites, and other industrial clean-up projects. This is sewage. The role of the WWTP is to separate the sewage solids from the liquids after treating with chemicals, minerals, squeezing and heating in order to release the water back into our communities. The solid by-product remaining after the water is removed from the sewage is called sludge. Sludge is tested for arsenic, cadmium, copper, lead, mercury, molybdenum, nickel, selenium, and zinc — the nine elements that the EPA requires for testing to determine if it is "safe" to apply to the land that supplies our food and the source of our water. Half of the 7 million tons of sewage sludge created annually in America is land applied. Of the thousands of chemicals, pathogens, heavy metals, pharmaceuticals, and bacteria compressed into sludge, testing varies from once a month to once a year, depending on the size of the WWTP. Although the EPA then classifies Class A sludge as "pathogen free" and Class B sludge as "pathogen-reduced" (based on only nine elements) no substantial studies have EVER been conducted by federal, state, or local officials to determine if sludge is safe to for human use. Municipalities pay a hefty sum for sewage haulers to dispose of the sludge, with some of the largest sewage disposal companies making over five hundred million dollars annually to find a place to throw Americas sewage waste. And by changing their name from "Federation of Sewage Workers Association" to the cozier, "Water Environmental Federation" and calling sludge "biosolids" the industry who is paid to remove our waste from the communities of American has quietly eased its way onto our open space and farmlands. So, what happens to all that sludge? Since ocean dumping was stopped in the United States by environmental groups in the 1980's, because of the dead zones the sludge created in our oceans, disposal options most often used in America include landfill, incineration, and "land application". What is "land application"?

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Please Join us . . .

at Levi Miller's 12th annual
Eco-Farming Day
Friday January 22, 2010



Annual Meeting
Saturday January 23, 2010

Location:

Miller's Natural Foods
2888 Miller Lane
Bird-in-Hand, Pennsylvania 17505

Featured Speakers

Harvey Ussery

Harvey is dedicated to the skills and philosophy for food independence and more self reliant living. He offers his homestead as a model and inspiration to others aspiring to become more self sufficient. He presents and writes on these issues for Mother Earth News, Countryside Magazine and Backyard Poultry. He hosts the web site www.themodernhomestead.us.

David Gumpert

David is a journalist and writer who recently authored the book titled "The Raw Milk Revolution: Behind America's Emerging Battle Over Food Rights" His blog, www.thecompletepatient.com, has chronicled the unsettling battles over raw milk. He recently was the keynote speaker at the 2009 WAP Annual Conference.

Kevin Brown

Kevin is the author of The Liberation Diet, a groundbreaking nutrition plan that has proven to help many people become truly healthy and maintain normal weight. He incorporates the use of Weston A Price dietary principles. He is the president and co-founder of Visionary Trainers Inc.

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Directions to Miller's Natural Foods:

From Rte. 30 or Rte. 340, Turn north on N. Ronks Road. Follow to a T and turn right onto Church Road. Make the next left onto Monterey Road. Go over a small bridge and turn right at Miller's Natural Foods sign.

FALL / WINTER 2009

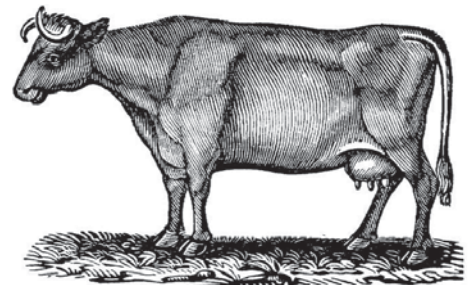
The Agenda . . .

FRIDAY

- 8:00 a.m. – 9:00 a.m. **Registration**
- 9:00 am – 10:15 a.m. **Harvey Ussery**
"Using Recomposer Organisms for Bio-Conversion on the Farm"
- 10:15 a.m. – 10:30 a.m. **Break**
- 10:30 a.m. – 12:00 pm **Harvey Ussery**
"Cultivating Mushrooms on the Homestead and Farm"
- 12:00 p.m. – 1:30 p.m. **Lunch**
- 1:30 p.m. – 2:15 p.m. **Bob Boyce**
"Keyline Farming and Grazing Management"
- 2:15 p.m. – 3:00 p.m. **Jeff Kurtz**
"Using Worms to Speed Composting and Reduce Trash"

SATURDAY

- 8:00 a.m. – 9:00 a.m. **Registration**
- 9:00 a.m. – 9:30 a.m. **CARE Annual Meeting**
- 9:30 a.m. – 10:15 a.m. **Kevin Brown**
"The Liberation Diet"
- 10:15 a.m. – 10:30 a.m. **Break**
- 10:30 a.m. – 11:40 a.m. **Kevin Brown**
"The Liberation Diet" *continued*
- 11:40 a.m. – 12:00 p.m. **Peter Kennedy**
FTCLDF Update
- 12:00 p.m. – 1:30 p.m. **Lunch**
- 1:30 p.m. – 2:30 p.m. **David Gumpert**
"The Raw Milk Revolution: What's Next?"
- 2:30 p.m. – 3:15 p.m. **Maureen Diaz**
"Implementing a Healthy Diet for You and Your Family"



REGISTRATION

RSVP by January 16, 2010

Seating is limited!

Name(s) _____

Address _____

City _____ State _____ Zip _____

Phone _____

E-mail _____

FRIDAY

_____ Adult x \$20 ea. \$ _____

_____ Children x \$10 ea. \$ _____

SATURDAY

_____ Adult x \$20 ea. \$ _____

_____ Children x \$10 ea. \$ _____

Total Amount Enclosed \$ _____

Children 4-10 \$10 per day • Children under 3 are free.

Registration Fee Includes Lunch Provided by CARE farmers

There will be an additional \$5 cost for all those that pay at the door.

Please send this registration with check or money order payable to:

CARE

Mail to:

CARE, c/o Ruth Hockley, 206 Acre Drive
Carlisle, Pennsylvania 17013

For more information call;
Ruth Hockley – 717-249-5629

If you are **NOT** planning on attending the annual meeting and would like to vote, please mail this ballot to:

Ruth Hockley
206 Acre Drive
Carlisle, Pa 17013

Nominees For CARE Board of Directors

Vote for one for a five year term

_____ **Daniel Allgyer** Direct raw dairy farmer from Lancaster County

_____ **Eli Ray King** Raw dairy farmer from Lancaster County

_____ Write-in candidate

Change to CARE By-Laws, Article VI “Meetings of Members”

Change to read “An annual meeting of the Members shall be held prior to the end of March in each year or as shortly thereafter” instead of “shall be held in the month of March in each year”

_____ YES

_____ NO

Featured Speakers

(Continued from page 3)

Bob Boyce

Bob operates the Lil’ Ponderosa Farm in Cumberland County, Pennsylvania. He raises a “closed herd” of Purebred Black Angus Breeding stock. Under his award winning management, his original shale, briar infested 80 acre operation has grown to over 300 acres of lush grassland for pasture and hay.

Jeff Kurtz

Jeff is the host of www.CompostCritter.com which was created to provide a resource to learn about vermiculture, worm farming and composting. He is available to teach any and all about these topics.

Maureen Diaz

Maureen, a WAP chapter leader from Gettysburg, PA., is an expert in proper food preparation techniques. Anyone who wants to incorporate Weston A Price dietary principles into their life should watch her awesome food preparation videos.

Peter Kennedy Esq.

Pete is the president of the Farm to Consumer Legal Defense Fund. He works on dairy issues, particularly the rights of farmers to distribute raw milk and raw milk products direct to consumers. He currently is working with others to challenge the federal ban on the interstate shipment of raw milk for human consumption.

The Role of Agriculture

(Continued from page 1)

If a farmer produces a crop, but does not receive a price adequate to cover his costs of production and a reasonable profit, what happens? First, the farmer has less revenue. He can adjust by buying less, again doing that work himself. But the miller and baker lose twice. They not only lose a customer, but potentially the grain if the farmer can’t survive. Because they are in the business of adding value to that grain, without the grain, they have nothing to add value to and they are out of business. Remember, the farmer is a little like a general contractor, with the miller, baker, shoemaker, car maker, appliance maker, etc. all being subcontractors. They are only successful when the general contractor is prosperous, for only then does he have work he can afford to give them. What happens to the farmer, ripples through the economy from the ground up.

Historical data maintained by the federal government shows that 70% of the new wealth created annually in the U.S. comes from agriculture. Based on the preceding paragraphs, ask yourself where agriculture fits in to the national economy. The next Newsletter will explore that question. In the meantime, if you have a question or comment, please contact us at the following address:

carefarmers@gmail.com

Sludge...

(Continued from page 2)

Because of measurable amounts of elements like nitrogen and phosphorous, the sludge industry and government bodies overlook the toxins in sludge and market the sewage by-product as fertilizer. Class A sludge is spread in our parks, golf courses, playgrounds, and forests and sold to the gardening public as bagged fertilizer. The amount of sludge that is land applied varies from state to state depending on how strict the laws are. Class A sludge is marketed, and delivered free of charge, to thousands of farmers in 26 states as a fertilizer option. As the price of fuel and petroleum based fertilizers squeeze farm budgets, and farmers are only told of the benefits of free sludge, the temptation to apply sludge to farmland increases. Food crops may be grown in fields treated with Class A sludge without testing the products for levels of pathogens, heavy metals, or pharmaceuticals in spite of the fact that plants uptake nutrients and toxins from the soil. Meat and dairy animals may graze in fields treated with Class A sludge without testing the product in spite of the fact that heavy metals, hormone mimickers and chemicals collect in muscle and fat tissue. Class B sludge, with measurable amounts of the EPA nine elements, requires a farmer to apply for a permit to “recycle” the sludge onto the farmland. Food products must maintain a waiting period between the time of sludging and growing, while non — food products may be grown directly on Class B sludged land. Although easily ignored, the nutrient/toxin uptake in products like hay or cotton should not be underestimated. Hay products are fed to meat animals and livestock or used to grow food products and cotton seed is used to create food quality oil. Again, testing is done to “prove” the nutrient value of sludge for plants, but no substantial scientific studies has been done on the hazards or safety of sludge on human health. While towns and cities struggle to control high levels of toxins, bacteria and hormone mimickers in their municipal water supply and homeowner’s private wells come up polluted, suspicions turn to the corporate sludging industries, which shrug shoulders and say, “Prove it!” Plants aren’t the only thing growing from sludge. Illnesses and health problems — including nausea, vomiting, burning eyes, congestion, various infections, and respiratory problems — have been recorded and continue to grow in communities throughout the country. Three deaths are linked to land application of sludge. When the sludge is dry, and the dust can be inhaled by any resident or passing commuter, the smell is relatively mild. When the rains come or the sludge is wet the smell, akin to rotting flesh, can gag the sturdiest stomach or instigate asthma attacks in adults and children. Every community surrounded by sludged properties, struggles to protect themselves. Elected officials and the Environmental Protection Agency (EPA) are unwilling to change the laws that allow and promote the relentless flinging of Americas toxic goo on lands that provide our food and water. Sludge is not a farm or environmental issue — sludge is a health and safety issue. Even those who do not live in farm communities question the safety of our food and water supply. When our meats are tainted, our tomatoes are laced with salmonella, our spinach is rife with E. Coli and milk from one Georgia farmer tested 120 higher than legal limit for thallium — a substance found in rat poison — America is beginning to recognize that something is seriously wrong. Scientific studies and warnings are ignored or changed to support a system that encourages pollution transfer on a massive scale, at the detriment of America’s health and democracy. Should we be fighting to prove that we are being poisoned by an obvious pollution source or should we be re-evaluating our sewage sludge disposal options as an alternative energy source? Asking serious questions about responsibilities of our disposal system and its connection to our food and water sources is just the beginning of recognizing our role in what happens next to our health, wealth and happiness. Are you ready to get involved? What is your food and water safety worth? What future will our children inherit?

More information on this topic can be found at www.usludgefree.org.

CARE Farmers do not use sludge.

VICTORIES

On November 17, 2009

Magisterial District Judge Jene Willwreth dismissed both charges brought by the Pennsylvania Department of Agriculture against C.A.R.E. member Jan Haller in Akron, Pennsylvania. Before cross examination of the Department’s two witnesses was even completed, the Judge dismissed the charges without prejudice. “He made the right ruling” said the Fund’s attorney Gary Cox “because they simply had no evidence of any violation. It was a sloppy investigation from start to finish.”

A PDA inspector had charged Haller with two summary criminal charges, refusing an entry and an inspection by Department inspectors, and failing to obtain a license as a retail food establishment. According to Fund President Pete Kennedy, “this is an important case for the Fund because it has so many members in Pennsylvania. C.A.R.E. should also be proud that one of its members stood up to the intimidating tactics of the Department.”

The Fund argued that Haller had the right to refuse entry and an inspection because the Department inspector insisted on doing so without any search warrant. The Fund also argued that Haller did not need to obtain a retail food license because her operation is a private club and is not open to or accessible by the public at large. The Fund anticipates that the Department will attempt to conduct another investigation into Haller’s operation and that the Department will this time obtain a search warrant. “We hope to work with the Department to convince them that these types of operations should not even be regulated by the State” explained Kennedy. “People are perfectly capable of determining for themselves what food is and is not safe to eat” said Kennedy. “The government has no business telling people what foods they should or should not eat.”

Farmer Gives PDA Recommendations

(Continued from page 1)

dairy hygiene), traffic police (third party farm inspectors) and traffic laws (quality standards). But most of all we need safe drivers (strong individual immunity). To pretend that pasteurized milk is safe and raw milk is dangerous is to deny the role of bacteria in our well-being. Our immune systems need to be challenged to be effective. Sterilizing our food and environment only makes us very vulnerable to every bacteria and virus we meet. What better way to keep the immune system healthy than to use lots of dairy products raw?

So I would recommend that you drop pathogen testing requirements, especially not saddle us with this illogical expense. And while you're making



changes, please drop the TB and Brucellosis testing requirements. It's a lot like searching the Atlantic Ocean for pirates before traveling on the road. Pennsylvania is, after all, free of these diseases, right?

I also recommend allowing and promoting farm to consumer sales of raw butter, yogurt, kefir and fresh cheese. Outlawing these products is working much like outlawing liquor: it only makes for a brisk black market trade!

Yes, do update the Pennsylvania milk sanitation standards, and take this wonderful opportunity to show that you really do have us farmers' best interests at heart.

— Loren Weaver
East Earl, Pennsylvania

What our Community
Members are saying about



"Thanks so much! We love our farm food."
Sonji Thee

"Thank you to all for giving us the privilege to be a part of this."
Kim Sikes

"Thank you for all the amazing work you do so that we can eat great food!"
Nina Elliot

"I grew up on a dairy farm drinking raw milk. When I went away to college, I no longer had access to raw milk. I eventually learned from experience that when I consume pasteurized dairy products I am afflicted with very bad allergies and that when I consume only raw dairy foods, I am healthy."
Joseph Heckman