

Penn's Agri-Women hear Cornucopia issues

BY JOYCE BUPP
Staff Correspondent

READING — Penn's Agri-Women debated farm issues, elected a new state secretary and heard that Pennsylvania foodstuffs are abundant and nutritious, during their annual state convention, held Tuesday at the Reading Motor Inn.

Opening the session was a report on the Cornucopia project, sponsored by organic farming enthusiast Robert Rodale. Two of PAW's members, Judy Cihylik, Treichlers, and Jean Beck, Hamburg, took part in a summer conference at Lehigh University on

the Cornucopia study. Results of that study are highly critical of current farming techniques and food distribution methods.

According to Mrs. Cihylik, Rodale outlined several of the criticisms of the study, pinpointing grain feeding to cattle as wasteful, and suggesting that the use of farm chemicals for pest, weed and fungus control are causing respiratory problems to farmers. Cornucopia's bottom line recommendation is a conversion to total organic farming.

Another conference speaker, she said, told the conferees that all farming should be done only by

reverting back to the use of horses, that farmers only should crop the land they can handle using horses, and that only the Amish are good stewards of the soil.

Speaking to the conference from another angle was soil conservationist Neil Samson. He agreed that certain cropping practices need fine tuning, but told the Cornucopia conferees that total organic farming was just not feasible. Samson claimed, instead, that agriculture's real concerns are the erosion, compaction and low organic matter in many soils, plus a seriously decreasing viable water supply.

Jean Beck, who also monitored a day of the Cornucopia conference, noted that speakers she had heard encouraged more tailgate markets, backyard gardens, use of local produce, as well as expanded consumer education, buying clubs and networks of communications. The ultimate goal of these recommendations is to make farming economically sustaining.

"And that," says Beck, "is what farmers have been doing for the last hundred years."

Featured luncheon speaker was Bucks County retired home economist Frances Vannoy, who now assists with nutrition programs for senior citizens.

"Eat a balanced diet," was her prevailing theme, with nutrient recommendations based on the guidelines of USDA, and widely used in current Dairy Council materials.

Claiming that, because food is an emotional issue and untrue statements are often made as fact, Mrs. Vannoy urged PAW members to question food claims they read or hear.

She praised the quality of food available in the Keystone state, with its abundance and variety, but noted that she feels most families don't take advantage of highly nutritious, but less common vegetables, such as acorn squash and turnips.

Warning that most people, if they eat a balanced diet, do not need vitamin supplements, the home economist suggested that too many individuals prescribe vitamins for themselves.

Current dietary guidelines suggest the consumption of less meats, fats, sugar and salt. However, Mrs. Vannoy noted that a strictly vegetarian diet can be dangerous, since protein intake may be insufficient.

"Timing is crucial in the vegetarian diet. The right foods must be in the digestive tract at the right time in the right combination," she explained, adding that, if those exact conditions do not exist, the vitally-needed proteins will be absent.

During the afternoon business session, Centre County dairy farmer Renee Bates was elected to the office of secretary. Committees were formed to study and write policy on issues including animal welfare, the dairy support program and rural crime.

Agri-Women are also gearing up to celebrate the March 1982 annual nationwide Ag Day by honoring "Ag Day babies" in several cities around the Commonwealth. An Ag Day baby program, originated this past year by the York Agri-Women chapter, has been picked up and promoted in Ag Day materials distributed across the country.

PAW president Gail McPherson, New Park, will head a delegation of members participating in the November 10-13 convention of American Agri-Women at Grand Rapids, Michigan.

Farm and agri-business women interested in more information on Penn's Agri-Women are invited to contact membership chairman Ethel Gross, R2, Manchester, PA.

BOZEMAN, Mt. contingency of breeders is expected the Walt Disney Complex near Orland, January 28-31, 1982, tenth Annual Meeting of the American Mental Association.

Highlighting the schedule will be an renowned radio personality, Paul Harvey, whose daily broadcast more than 1,200 radio stations and 100 television stations the main address "Alive" at the ASA Convention on Friday evening, Jan. 29.

"Early response we may have a Convention registr. ASA Executive Vice Earl B. Peterson registration reflects members will be acc their spouses and ch great opportunity to business meeting w entertainment found

Convention headqu at the Contemporary which is listed as the Walt Disney World Kingdom. It's a hotel described as being ahead of its time," monorail running right lobby, a total of 1,046 rooms and suites, an other features.

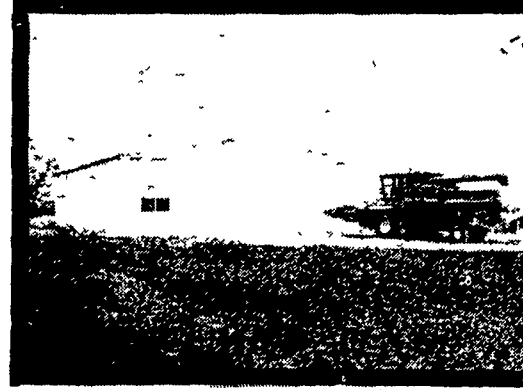
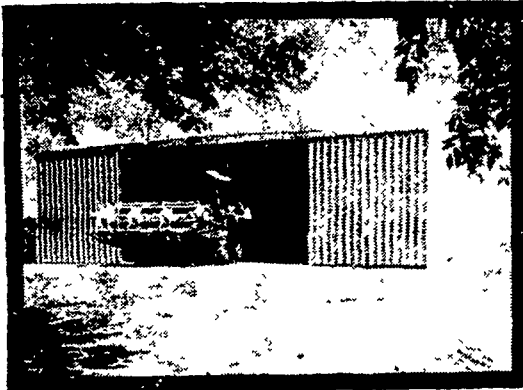
On Saturday evening 30, Convention goes opportunity to a "America Is" dinner patriotic musical sa years of "Americana be produced by Disney



Admiring the historical scrapbook of PAW, are officers, from left, Mary Brown, vice-president, Gail McPherson, president, newly-elected secretary Renee Bates, and treasurer Treva Markey.

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