



NEWSLETTER

President's Message

Everywhere we turn these days we are being confronted with ads, articles, and other posts that warn us of the dangers of certain foods, the dangerous views of certain political leaders, the dire threats to our livelihoods, our security, and our environment. Much of it is disinformation. How is one to sort out the false from the true?

If it's an argument presented in support of a certain action, it helps to know how to spot fallacies in logic. All students should be taught this. During these past months leading up to the election, we were buffeted by all kinds of faulty reasoning, particularly ad hominem attacks (attacking the person, not the issue), ad misericordiam (appealing to emotion, not reason), red herrings (diverting the argument from the real question), non sequiturs, faulty analogies, hasty generalizations, slippery slopes, and black-and-white/either-or thinking. We need to teach our young people (and maybe some of our older ones, too) how to recognize both fallacious reasoning and bad science.

I think of this as I read articles claiming that certain foods or herbs are either cancer causes or cancer cures. Or that certain farming methods are either destroying the earth or saving the earth. Social media is chock-full of wild claims about food and health. Promoters of eliminating meat production from the planet and restricting crop production to the methods of our ancestors are coming out with all kinds of bogus scientific claims. People are often too quick to believe any study that purports to be scientific. The arguments against GMOs (otherwise known as genetic engineering or biotechnology) are a case in point. People need to learn how to distinguish valid scientific studies from studies which have slanted the research program to prove whatever the person or company is trying to promote.

To that end, CWA's state biotechnology director, Karri Hammerstrom, recently sent out "A Rough Guide to Spotting Bad Science" that she encountered while taking an online class from Cornell on the Science and Politics of GMOs. It is reprinted in this newsletter, and I encourage each of you to read it and keep the twelve points in mind in order to recognize pseudoscience when you see it. As advocates for agriculture, we have a big job ahead to counter all the fear mongering about production methods and reassure the public of both the safety and quality of our food supply. California has the safest food production system in the nation and probably in the world!

I wish you all a warm and wonderful holiday season!

-Diane Henderson

Calendar

Dec. 8: 5:30 - 7:30 p.m. Fall Social and Installation of Officers

Dec. 9 & 19: Ag. Dept. Growers' Meetings Dec. 9, 8:30 - 11:30 and Dec. 19, 8:30 - Noon. Growers are to check between 8:00 and 8:30.

Dec. 15: 9:00 a.m. Cannabis Ordinance LCBS Chambers

Jan. 6-8, 2017: State CWA Convention Carlsbad, CA

January 18, 2017: 11:30 a.m. Next LCCWA Board Mtg. Umpqua Ban k



SENDING SUNSHINE

Our hearts and minds are with the following as they continue to brave health challenges:

PAMELA KIRKPATRICK, CHUCK MARCH, DON EUTINIER, and TONETTE BROWN.

LAKE COUNY FARM BUREAU NEWS

Farm Bureau has been very involved in the drafting of the new Cannabis Ordinance which will be presented on December 15 at the Board of Supervisors Chambers. Public input will weigh heavily on where and how cannabis will be grown and regulated in Lake County. Contact the office if you would like to make your voice heard!

The Ag. Dept. Growers' Meetings are Dec. 9, 8:30 - 11:30 and Dec. 19, 8:30 - 12pm at the Board of Supervisors Chambers at 255 North Forbes St. Growers are to check between 8:00 and 8:30 am. These meetings will offer CE credits and will contain a number of important regulatory updates including changes to the Irrigated Lands Regulatory Program.

The LCFB office will start Irrigated Lands billing at the beginning of December with Sylvia Pascoe back in the office. Please contact the office if there have been any changes to your operation's acreage in 2016; this will affect your billing.

We wish you a wonderful holiday season and a Happy New Year!

~Brenna Sullivan

HEARTY SHOUT OUT!

This month we give a hearty shout out to the following:

- ❖ ANDREA ADAMS for successfully chairing (her first year) our pear pie and turnover making and baking! (And to husband MIKE for helping pay for supplies!) Great job!
- ❖ DENA KEITHLY and SUSIE KAUFFMAN for their invaluable assistance with the pear pie and turnover making, baking and sales! (This, after years as chair and co-chair!)
- ❖ MORGEN WELLS for organizing the selling of the pear pies and turnovers, and ALL who manned this year's booth! Great work!
- ❖ BIG VALLEY GRANGE once again for their collaboration in the Pear Festival baking and selling! Thank you, ladies!
- ❖ SCULLY PACKING for supplying us yet again with their wonderful Bartlett pears!
- ❖ MARILYN HOLDENRIED and SHARRON ZOLLER - "retired" Pear Festival Chair and Co-Chair for their decades of devotion to this well-loved event. And, for their 2016 Parade Grand Marshall distinction! Well Deserved!
- ❖ ALL who planned, organized, led or participated in this year's outstanding AgVenture program!
- ❖ BRENNA SULLIVAN for her part in the interesting horse demonstrations and education at the Pear Festival and for her continuing work with the Jr. and Sr. Horsemen associations!
- ❖ CHERI CUNNINGHAM for her years of service as LCCWA's Corresponding Secretary. We wish her the very best in her new location and home!
- ❖ BARBARA EHR for volunteering to become our new Corresponding Secretary!
- ❖ ALL who contributed to this year's SWM Country Store!
- ❖ UMPQUA BANK (PAULA BRYANT) for the continued use of their meeting room for our monthly meetings!
- ❖ DEBRA SOMMERFIELD and the LAKE COUNTY WINE COMMISSION on their 25th Anniversary!
- ❖ ALL of our recent donors without whom we could not accomplish our goals!

AGVENTURE UPDATE



The final AgVenture 2016 session was held on November 4, 2016. Session Four showcased Lake County olives production and farm labor issues. Class members learned about olive oil production from Emilio dela Cruz and toured the Chacewater Olive Mill and olive orchards. Cecilia Chi-Ham, PhD of HM Clause gave a presentation of the role of science and technology in agricultural production and class members heard about labor issues framed in policy and practical perspectives from Bryan Little from the Farm Employers Labor Service and David Weiss of Bella Vista Farming Company. The session culminated in the ever-popular

Farm Labor Panel consisting of local farm workers facilitated by local pear farmer Diane Henderson. The panelists were Octavio Jimenez and Jesus Flores of Scully Packing Company and Jesus Martinez from Bella Vista Farming Company.

Graduates of the 2016 class included: Robert Massarelli, Lake County Community Development Director; Katherine "Kat" McDowell, Real Estate Broker, Real Estate Alliance and Lease; Andy Lucas, Business Representative, Community Development; Will Evans, Deputy Water Resources Director, County of Lake; Cecilia Aguiar-Curry, Property Management, Community Mitigation and Consulting; Roberta Lyons, Conservation Chair, Redbud Audubon Society; Morgen Wells, Public Relations and Philanthropy, Sutter Lakeside Hospital; Brian Martin, Sheriff, County of Lake; Mark Melendez, Agricultural Biologist, County of Lake; Courtney Van Leuven, Adjunct Agricultural Instructor, Lake County Campus of Woodland College; and Victoria Brandon of the Lake County Sierra Club.

This was a very successful year with great presentations and engaged class members. The Steering Committee will take a well-earned break and get ready to begin the process again in March!

Lake County California Women For Agriculture Fall Social and Officer Installation

December 8, 2016

5:30 – 7:30 p.m.

Kelseyville Senior Center

5245 - 3rd St, Kelseyville

Please bring a salad, main dish, or dessert and a beverage to share

RSVP by December 1

Karen Hook: 279-4364 or

Diane Henderson: 279-8672

FEATURE INTERVIEW: COLLEEN RENTSCH

Lori McGuire interviewed long-time member and Upper Lake Area Representative Colleen (Seely) Rentsch of Seely Farms for her farming experience. We applaud Colleen for her outstanding contributions to our agricultural community.



Can you give us some history on the Seely family involvement in Lake County Agriculture?

My grandparents Edward M. and Mildred Seely moved their farming operation to Lake County from the Santa Clara valley in the early 1950's. My father Edward E. Seely was in the Navy when they came to Lake County. After that, he studied agriculture for 2 years at UC Davis before beginning to farm with his father. When the family purchased the Dorn ranch in Upper Lake, pears was the only crop on the farm. Over the next 4 decades, Dad expanded the farm in acreage and crops to include walnuts and wine grapes. The pears were shipped to Cal Can and KP (Kelseyville Packing Co.) He was a board member of KP for many years and was also involved in Soil Conservation Service and Farm Bureau.

What was life like growing up on the Seely Farm?

We had an enviable childhood growing up on our farm. We had the run of 100 acres in our backyard to ride bikes and build forts. We had the empty mountains behind our property in which to hike and played and swam in Middle Creek which runs through our property. Our mom's only requirement was to come home for lunch and you knew when that was because Upper Lake's fire siren went off every day at noon.

We started working small jobs for money as soon as we were old enough. We changed sprinkler pipe, helped during frost season, dug tree suckers, and helped during harvest. We learned to drive the tractors around age 10-12, which is about when you are tall enough to reach the clutch.

My younger brother and I started growing sweet corn for money during the summers of the 70's and business was great. We were up very early to weed and then later, pick before reporting to our ranch jobs. We had every opportunity to work and earn money and through that we all developed a good work ethic. We know what hard work is, which I think helps us to be better managers of those who work for us.

What inspired you to continue to farm and manage the Seely Farm operations?

I went to Cal Poly, San Luis Obispo and earned a degree in Ag. Business Management in 1987. I was headed out into the world of business. I had always said that I was never going to be a farmer. I didn't want the life where your income each year was a huge unknown. We rarely went camping because we worked all summer and the work weeks are long. Saturday is a "week day" for farmers.

After graduation, I lived in Sacramento and worked in the insurance industry for 6 months before moving back to Lake County. I continued working in insurance but no longer had to commute with all of those other unfortunate city people anymore. I didn't start dabbling in farming until after my first daughter was born. My family had a successful roadside fruit stand business selling pears and I started growing veggies for my "fun" money. I liked the cash as much as I did as when I was growing corn as a kid so I grew more and more each year. I continued on this track for 16 years. It became clear to me that I hate to be behind a desk and a phone all day. I am most happy outside with my hands busy and using my creative energies to be a grower of pretty things.

Can you tell us about your involvement in early age farm education and the Farm to School Program?

In 2008, my farming path changed when I was approached to discuss the possibility of Farm to School in Lake Co. F2S was launched as part of an obesity prevention project implemented by the Health Leadership Network.

(interview cont'd. on next page)

FEATURE INTERVIEW CONT'D.

The project was initiated in 2008 via funding by a grant from the California Endowment, who played a leadership role in promoting obesity prevention statewide. Farm to School meetings were convened monthly as a means for Food Service Directors, farmers, and others interested in school health to discuss ways that Farm to School could work in our community. Kelseyville took the lead in putting Farm to School into action. In 2009, I was the first farmer to start delivering fruit and produce to Kelseyville Unified. The following year, Lakeport and Konocti Unified started. Today, I deliver to nearly every school district in Lake County and three districts in Mendocino County.

In 2009, I participated in a program with Kelseyville High School's Michelle Malm which gave students hands on experience on the farm, from the planting of seeds to the harvest of vegetables as a way to introduce them to farming and the food production process. As part of the Kelseyville Farm to School program, we also made presentations to elementary schools students showing them where their food comes from and how it is grown along with interesting food facts to make it fun.



What crops do you currently farm, and how do you get them to market and to local customers?

I grow most of the summer season vegetables; melons, watermelon, cucumbers, peppers, okra, tomatoes, tomatillos, summer squash, winter squash, and pumpkins. I grow about 40 different varieties of the above crops on 3 acres. I became registered organic a year ago. The family farm produces pears, peaches and apples which I also sell to schools, restaurants and locally owned specialty markets in Lake and Mendocino counties.

Back in the day, my sales were entirely from the fruit stand and farmers market. I deliver around the lake to my Lake Co. F2S customers.

Six years ago, I was on the advisory board with the Lake Co. Farm Bureau to start an online ordering system with a USDA specialty crop grant. We called it LakeCountyGrown.com. It was too big a project for a group of volunteers who work full time to accomplish on our own. North Coast Opportunities took over the administration of it and received another grant for three years to get it up and running. That three years just ended, and

there is a grant for another 2 ½ years. This is now the MendoLake Food Hub and it has changed my entire business model. It has opened up new markets and customers which are too far away for me to service these accounts myself. I am now selling to restaurants and grocery stores from Willits, Fort Bragg, all the way down to Gualala.

When I started selling produce, before Farm To School and the Hub, my sales were 99% retail. Today, my sales are 85% wholesale and my business has grown by 90%.

What do you see as the number one challenge facing Lake County farmers today and in the near future?

Regulations/labor/paperwork/regulations/labor/paperwork/regulations/labor/paperwork/regulations/labor/paperwork

Every time farmers turn around, there is another obstacle to our job of getting healthy, good food to people's tables! California is the state, not country, which feeds most parts of the world, and yet our own government makes it harder and harder to accomplish our jobs. Labor regulations, hourly wage, overtime, heat prevention, nitrogen management plans, food safety plans, air quality regulations, diesel engines, estate tax changes, water regulations... The list is endless. Add \$\$\$ to each and every one of these and the fact that agriculture is the industry that is still stuck being a price taker and not a price maker. We can't pass any of the additional costs on to a consumer. Is it no wonder that the children of farmers are making different career choices? Mine included. Enough said.

2016 CWA DONORS: A HEARTY THANK YOU!



**Mighty Grape
Harvester**

Sutter Lakeside Hospital
Bella Vista Farming Co., LLC



Shiny Red Tractor

The Pear Doctor, Inc.
Umpqua Bank
Scully Packing Company
Brian Grey – Orthodontist
Lincoln-Leavitt Insurance Agency
Bob Bartley Pump, Inc.
Beckstoffer Vineyards – Red Hills
American AgCredit



**Mower and
Shaker**

Rainbow Ag
Lake County Farm Bureau
Tomkins Tax Consultants
Weed Tech
Lucerne Roofing & Supply
Janet King
Wilda Shock
Emily Luchetti
Judy Cortesi
Sharron Zoller
Lisa Davey Bates



Other

Garton Tractor
Jim Jonas
Rosalie Sisevich
Marilyn Holdenried
Monica Rosenthal
Lianne Campodonico
Janice Stokes
Diane Henderson
Margaret Eutenier
Carolyn Henderson-Rohner
Janis Eckert
Shirley Campbell
Gabriele O'Neill
Mary O'Meara & Lois Suchan
Lisa Wilson
Kenny Parlet

FEATURED RECIPE: TOASTED WALNUT & CHOCOLATE TART



With a light crunchy toasted walnut crust and orangey zest, this tart will satisfy any chocolate-lover's cravings. *This is a prize-winning recipe from a California Walnuts - Culinary Institute of America recipe contest for culinary students.*

INGREDIENTS

3 cups + 12 halves California walnuts, toasted
1/4 cup simple syrup, divided use (in a small covered saucepan, simmer (in a small covered saucepan, simmer
1/4 cup sugar and 1/4 cup water for 4 minutes to dissolve crystals)
6 tablespoons (3/4 stick) unsalted butter, melted
12 ounces dark Belgian chocolate ounces dark Belgian chocolate
1 1/2 cups heavy cream
2 tablespoons Grand Marnier
zest of 2 large oranges, to candy for garnish

DIRECTIONS . Toast walnuts in a 350°F oven for 5 to 10 minutes. In a food processor coarsely chop 3 cups walnuts for crust. In a food processor coarsely chop 3 cups walnuts for crust. Place chopped walnuts in a bowl, add 2 tablespoons of the simple syrup and the melted butter, mix well. Place mixture in a 10 inch

fluted tart pan with removable bottom and press into pan with your fingers to form a crust. Put pan in freezer to firm while you complete the next step (about 10 minutes). Use a knife to break chocolate into small shards. In a medium saucepan bring cream to a boil, add chocolate and remove from heat. Stir until smooth. Stir in Grand Marnier. Pour mixture into chilled tart mold and refrigerate for 4 hours or overnight. In a small nonstick sauté pan, combine the remaining 2 tablespoons simple syrup and the orange zest. Cook over medium heat until most of the water has evaporated and the zest is translucent, 2 to 3 minutes. Remove from pan and cool. Keep chilled until ready to serve. To slice, use a knife dipped in hot water and wiped with a towel. Cut into 12 slices. Garnish slices with powdered sugar-dusted walnut dusted walnut halves and candied orange zest.

Thanks to Sharron Zoller for the submission of this delicious recipe!!

ANOTHER SUCCESSFUL PEAR FESTIVAL FUNDRAISER

Once again we achieved an early sell-out of our delectable pies and turnovers at the 2016 Pear Festival, with approximately \$2,500 in net earnings for our scholarship fund! Enjoy these images capturing the usual fun while working hard to get those highly sought-after pies and turnovers ready for customers.



Carolyn Henderson-Rohner and Diane Henderson

Top: Jan Stokes, Toni Scully, Susie Kauffman *Bottom:* Linda Marie. Andrea Adams



Terry Dereniuk



Susie Kauffmann, Karen Hook



Sara Dorn, Susie Kauffman, Karlene Ellis, Toni Scully.



Sara Dorn



Finished pear turn-overs



Finished pear pies

A Rough Guide to SPOTTING BAD SCIENCE

Being able to evaluate the evidence behind a scientific claim is important. Being able to recognise bad science reporting, or faults in scientific studies, is equally important. These 12 points will help you separate the science from the pseudoscience.

1. SENSATIONALISED HEADLINES

Aa

Article headlines are commonly designed to entice viewers into clicking on and reading the article. At times, they can over-simplify the findings of scientific research. At worst, they sensationalise and misrepresent them.

7. UNREPRESENTATIVE SAMPLES USED



In human trials, subjects are selected that are representative of a larger population. If the sample is different from the population as a whole, then the conclusions from the trial may be biased towards a particular outcome.

2. MISINTERPRETED RESULTS



News articles can distort or misinterpret the findings of research for the sake of a good story, whether intentionally or otherwise. If possible, try to read the original research, rather than relying on the article based on it for information.

8. NO CONTROL GROUP USED



In clinical trials, results from test subjects should be compared to a 'control group' not given the substance being tested. Groups should also be allocated randomly. In general experiments, a control test should be used where all variables are controlled.

3. CONFLICTS OF INTEREST



Many companies will employ scientists to carry out and publish research - whilst this doesn't necessarily invalidate the research, it should be analysed with this in mind. Research can also be misrepresented for personal or financial gain.

9. NO BLIND TESTING USED



To try and prevent bias, subjects should not know if they are in the test or the control group. In 'double blind' testing, even researchers don't know which group subjects are in until after testing. Note, blind testing isn't always feasible, or ethical.

4. CORRELATION & CAUSATION



Be wary of any confusion of correlation and causation. A correlation between variables doesn't always mean one causes the other. Global warming increased since the 1800s, and pirate numbers decreased, but lack of pirates doesn't cause global warming.

10. SELECTIVE REPORTING OF DATA



Also known as 'cherry picking', this involves selecting data from results which supports the conclusion of the research, whilst ignoring those that do not. If a research paper draws conclusions from a selection of its results, not all, it may be guilty of this.

5. UNSUPPORTED CONCLUSIONS



Speculation can often help to drive science forward. However, studies should be clear on the facts their study proves, and which conclusions are as yet unsupported ones. A statement framed by speculative language may require further evidence to confirm.

11. UNREPLICABLE RESULTS



Results should be replicable by independent research, and tested over a wide range of conditions (where possible) to ensure they are consistent. Extraordinary claims require extraordinary evidence - that is, much more than one independent study!

6. PROBLEMS WITH SAMPLE SIZE



In trials, the smaller a sample size, the lower the confidence in the results from that sample. Conclusions drawn can still be valid, and in some cases small samples are unavoidable, but larger samples often give more representative results.

12. NON-PEER REVIEWED MATERIAL



Peer review is an important part of the scientific process. Other scientists appraise and critique studies, before publication in a journal. Research that has not gone through this process is not as reputable, and may be flawed.



© COMPOUND INTEREST 2015 - WWW.COMPOUNDCHEM.COM | @COMPOUNDCHEM
Shared under a Creative Commons Attribution-NonCommercial-NoDerivatives licence.





Lake County Chapter CWA Membership Application/Renewal

Name: _____

Mailing Address: _____

Email Address: _____

Primary Phone: _____ Circle one: (home) (cell) (work)

Secondary Phone: _____ Circle one: (home) (cell) (work)

Employer/Occupation: _____

Areas of Interest:

☐ Scholarship

☐ Pear Festival Fundraiser

☐ Public Relations/Publicity

☐ Chapter Leadership

☐ Special Events

☐ Mini-Grant Program

Type of Membership: ☐ New Member ☐ Renewing Member

☐ **CWA Membership \$30** (website renewal is \$32.00)

<http://www.lakecountycwa.org/>

☐ **American Agri-Women \$30** (optional additional membership fee)

<http://www.americanagriwomen.org/>

☐ **Additional Chapter Donation \$** _____ ☐ AgVenture ☐ Scholarship ☐ Greatest Need

TOTAL Enclosed \$ _____ Payable to: Lake County CWA

P.O. Box 279

Finley, CA 95435

President:	Diane Henderson	syddiane@gmail.com	279-8672
Vice President:	Toni Scully	ptscully@yahoo.com	263-7327/263-3710
2nd Vice President:	Muffie Panella	muffiep@pacific.net	279-9371
Co-Recording Secty:	Susie Kauffman	kauffman1122@att.net	278-0542
	Lori McGuire	dpmcg@pacific.net	263-5735
Corresponding Secty:	Barbara Ehr	ehrhead@yahoo.com	
Treasurer:	Paula Bryant	paulabryant@umpquabank.com	262-3342(w)
Area Representatives:			
Kelseyville:	Karen Hook	jkhook@gmail.com	279-4364
Lakeport	Jill Jensen	jill-jensen@leavitt.com	350-0738
Upper Lake	Colleen Rentsch	ncjarentsch@mchsi.com	279-4388(w)
South County	Karen Jones	karenjones@middletownusd.org	987-0602
Newsletter Co-Ed.'s:	Lori McGuire	dpmcg@pacific.net	263-5735
	Brenna Sullivan	lcfarmbureau@sbcglobal.net	263-0911
Farm Bureau Liaison	Brenna Sullivan	lcfarmbureau@sbcglobal.net	263-0911
AgVenture Contact:	Brenna Sullivan	lcfarmbureau@sbcglobal.net	263-0911
Pear Festival Co-Chairs:	Andrea Adams	andeanhs@hotmail.com	279-9191
	Morgen Wells	WellsM2@sutterhealth.org	330-510-9578
Scholarship Chair:	Sausha Racine	sausharacine@yahoo.com	263-7327/245-4787
Publicity Chair:	TBD		



Lake County Chapter, CWA

PO BOX 279

Finley, CA 95435