



# CASCADE ECHOES

## CALENDAR FOR FEBRUARY AND MARCH 2014

### FEBRUARY

**6 FIRST THURSDAY LUNCHEON**, 11:00 a.m. to 1:00 pm. Erin Foote Marlowe, development coordinator and board member of "Locavore" will update us on the local food scene. At **Black Bear Diner (1465 NE 3rd Street, Bend)**. See last page for details

**13 Board Meeting** 10 a.m. at the County Building, 1300 Wall St., Lyons Room

**15, Actor Ian Ruskin's one-person show, "To Begin the World Over Again; the Life of Thomas Paine"**

**When:** 7:00 p.m. **Where:** Tower Theatre in Bend

**Tickets are \$17.50 for adults and \$12.50 for seniors and students.**  
See more on page 2

**20 Agriculture Discussion/Consensus at 10am at the Social Justice Center**, study group will be meeting 155 NW Irving Avenue in Bend. **Meeting Coming in March.** See article on page 3

### MARCH

**6 FIRST THURSDAY LUNCHEON**, **Callie Killebrew** is an immigration attorney in Bend and will talk to us about local immigration issues. At **Black Bear Diner (1465 NE 3rd Street, Bend)**. 11:00 a.m. to 1:00 pm.

**13 Board Meeting** 10 a.m. at the County Building, 1300 Wall St., Lyons Room

**Annual Meeting Save the Date: April 17**

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THE LEAGUE OF WOMEN VOTERS OF DESCHUTES COUNTY

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League of Women Voters, a nonpartisan political organization encourages informed and active participation of citizens in government and influences public policy through education and advocacy



#### WEB SITES

Local  
[www.lwvdeschutes.org/index.htm](http://www.lwvdeschutes.org/index.htm)  
State  
[www.lwvor.org](http://www.lwvor.org)  
National  
[www.lwv.org](http://www.lwv.org)  
Nationwide Election Information  
[www.VOTE411.org](http://www.VOTE411.org)

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Thomas Paine at the Tower...	poster.attached

# President's Message

Dear Fellow League Members,

I would like to bring attention to our recent First Thursday Luncheons. Upon experiencing the events, I feel very proud to be a part of this organization. The League of Women Voters (including wonderful guys, husbands) have a way of bringing people together of differing views and have open and mindful conversations about issues.

I also want to give a big shout of thanks to Bill Bodden. He has been maintaining our website for so long and it is full of information and links. I have been working with Bill recently to get the site updated. It is quite a job, as Bill has filled that web page with a ton of stuff! We should have a new fresh look in the near future.

Please read on! Don't miss out on what events are coming up!

Geri Hauser, Co-President

## First Thursday Luncheon Speaker

### UPDATE ON THE LOCAL FOOD SCENE

**Erin Foote Marlowe**

Originally from Anchorage, Erin moved to Oregon in 1998 in the hopes of spending more time around green things rather than snow drifts. That was easy in the Willamette Valley where Erin got a degree in political science at the University of Oregon. But after earning a master's in journalism at the University of Missouri, Erin made an interesting decision for a wanna-be farmer and moved to Bend. Her first job in town was as a reporter for The Bulletin. She then started an academic journalism program at the college, and advised the student newspaper there as well. After five years at COCC, Erin departed to work for the Source, where she became the managing editor. This summer she decided to take the plunge into developing her own company, where she now works on political, messaging and development strategies for nonprofits, people running for office and issue campaigns. In the midst of all that, she's found a good outlet for her farming wanderlust as the development coordinator and board member for Locavore where she can focus on building the kind of local food scene in Bend that might one day support a farm of her own

### Saturday Feb. 15, Actor Ian Ruskin's one-person show, "To Begin the World Over Again; the Life of Thomas Paine"

**When:** 7:00 p.m.    **Where:**

Tower Theatre in Bend

**Descripton:** Ruskin will perform his one-person show, "To Begin the World Over Again; the Life of Thomas Paine", inspiring American Revolutionary War hero and legendary political thinker and pamphleteer. This event will be a fundraiser for the League of Women Voters of Oregon Educational Fund.

## CONGRATULATIONS TO TWO OF OUR LEAGUE MEMBERS

(this article was shortened from the Deschutes Historical Museum's newsletter, [the Homesteader](#))

Two awards were given for 2013, to Volunteer of the Year Susie Penhollow and Rookie Volunteer of the Year Anita Elliott.

**Susie Penhollow** has been actively involved at the museum for many years and in just about every area. From doing membership data entry to serving as president of the DCHS Board of Directors to chili chef following in her mother's foot steps, there isn't an area of the Museum that Susie hasn't been involved in. She continues to serve as secretary/treasurer for the Board of Directors and co-chair of the special events committee.

**Anita Elliot**, as a regular at the History Pubs, she decided it was time to spend more time at the museum getting the behind the scenes scoop. Anita volunteers Wednesdays in the morning at the front desk although she hasn't limited herself to just one area of the museum as she recently added the third floor exhibit conservation and could be found working nearly all our events this year. We warn you do be careful as her smile, laughter, and positive attitude are infectious.

The winner of the free lunch at our January First Thursday Luncheon was Eve McFarland. If you want a chance to get a free lunch, just come to the next First Thursday Luncheon and we will put your name in to the bowl for the drawing. This is only available for members. This is another perk of membership!

**Agriculture Discussion/Consensus Meeting Coming in March**

You will find more info about the March 20th general meeting to discuss and come to consensus on the issues in updating the League’s national position in next month’s Echoes, but we want you to be looking forward to it.

Our local study group will be meeting on **Thursday, February 20<sup>th</sup> at 10am at the Social Justice Center**, 155 NW Irving Avenue in Bend. The part of the national update that we’ve decided to focus on is:

*Current technology issues in agriculture including genetically modified organisms (GMOs), herbicides, pesticides, agriculture water pollution, aquifer depletion, antibiotics in livestock, and accurate food labeling*

You are invited to join our study group, as we work to clarify these issues for the March 20<sup>th</sup> meeting. It is possible that we may further narrow the topics. Hope to see you then! In the meantime, note that the February Luncheon speaker will be giving us pertinent information on the local level.

**Current Situation in Food Labeling**

A driving force behind modern food labeling concerns has been the health industry. As food science has progressed, food choices and consumption quantity have been recognized as key factors in public health. Obesity, heart disease, and diabetes are just a few of the diseases associated with modern eating habits. Health professionals have determined that educating the public on their choices and reducing confusion with regard to food labels is integral to stemming this threat to American's health and the American economy. There is, however, substantial debate as to what information is appropriate and what method to communicate best serves the interests of stakeholders: consumers and producers. From caloric counts to processing techniques, there are a number of variables in individual needs and desires when it comes to food labeling. It is important to understand that the food system is very dynamic, as advances are made or new rules are contemplated, there are corresponding costs associated with education, development, implementation and enforcement.

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**Some Labeling Terms and Concerns**

Allergy and Gluten Labeling :

While there are over 160 known food allergens, the eight covered in mandatory labeling are responsible for 90 percent of documented food allergies and the ones most likely to present severe, life-threatening reactions. Gluten allergies/sensitivities affect 1 in 133 individuals (3 million nationwide). On August 2, 2013, the FDA issued their long-awaited finalized rule for the voluntary labeling of gluten free products.

Bioengineered Foods (AKA GMOs and GE Foods):

Draft guidance for bioengineered food labeling includes a statement that "each food bear a common or usual name or, in the absence of such a name, an appropriately descriptive term. In addition "the label of the food must reveal all material facts about the food." Following are guidelines the FDA provides to demonstrate this concept:

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- If a bioengineered food is significantly different from its traditional counterpart such that the common or usual name no longer adequately describes the new food, the name must be changed to describe the difference.
- If an issue exists for the food or a constituent of the food regarding how the food is used or consequences of its use, a statement must be made on the label to describe the issue.
- If a bioengineered food has a significantly different nutritional property, its label must reflect the difference.
  - If a new food includes an allergen that consumers would not expect to be present based on the name of the food, the presence of that allergen must be disclosed on the label

The draft document goes on to give guidance to producers GMO free (does not contain genetically modified organisms) OR Not genetically modified who either want to identify their product as bioengineered, or being made from ingredients that are bioengineered, as well as guidance to those who wish to state their product is produced without bioengineered ingredients. Either option is currently done on a voluntary basis, provided the product is not shown to be significantly different from its traditional counterpart.

Not recommended. "Free" implies zero content, which is nearly impossible to verify. "Genetically modified" is an inappropriate term, in that all crop varieties have been modified by plant breeders.

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Irradiation: Irradiation has been used for more than thirty years to improve food safety and extend the shelf life of foods by reducing or eliminating microorganisms and insects. The FDA, WHO, CDC and USDA have all endorsed the safety of irradiated foods. The FDA requires the use of the international food irradiation symbol, accompanied with the statement "Treated with radiation" or "Treated by irradiation" on the food label for any food items that are irradiated.

Nutrition: For purposes of the food label, a Nutrition Facts label is mandatory for most food items. The goal of the label is to help consumers make healthier choices.

Organic Labeling: Organic, as an official marketing term, is relatively new in the federal food system; the first accepted standards went into effect in 2001. The USDA has sole authority for the certification, accreditation, compliance and enforcement of the National Organic Program. Any producer that wants to use the Certified Organic label must comply with USDA standards. It "indicates that the food or other agricultural product has been produced through approved methods that integrate cultural, biological, and mechanical practices that foster cycling of resources, promote ecological balance, and conserve biodiversity. Synthetic fertilizers, sewage sludge, irradiation, and genetic engineering may not be used." "All operations [throughout the food system] with more than \$5,000 in annual organic sales must be certified."

The meeting room at the Social Justice Center is reserved for our Member/AG Study Sub Committee Meeting. The date is February 20 at 10 am. The address is 155 NW Irving Ave, Bend

LEAGUE OF WOMEN VOTERS OF DESCHUTES COUNTY  
**FIRST THURSDAY LUNCHEON**

*FEBRUARY 6, 2014*

Erin Foote Marlowe,  
Development Coordinator and Board Member of  
"Locavore" will give an

**"Update on the Local Food Scene"**

11:00 a.m. to 1:00 pm  
at **Black Bear Diner**, on the corner of 3<sup>rd</sup> and Olney Streets in Bend.

There is a separate dining room for our use.  
There is no cost to hear the speakers;  
however those wanting lunch should  
arrive about 11:00 a.m. and order off the menu.  
The speakers will begin at noon and allow time  
for questions from the audience.

**No reservations are needed.** This event is open to the general public.