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->Greetings from the folks at [Hundredfold Farm](#) and [Seven Springs Tree Farm](#)!<-

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Hundredfold Farm is an old-fashioned neighborhood with a green future - a rural, ecologically sustainable cohousing community located just west of Gettysburg PA.

Seven Springs Tree Farm is an organic choose & cut Christmas tree farm that specializes in growing holiday traditions and creating lasting memories.

Integrated Facilitation Training with Laird Schaub

Hundredfold Farm was pleased to host the Mid-Atlantic Integrated Facilitation Training weekend, led by Laird Schaub and Ma'ikwe Ludwig, on January 13 - 15. This program was part of a 8-weekend training series that teaches participants how to improve their skills in facilitating consensus-based meetings.

Working effectively as a cooperative group has challenges —whether it's an organization or community. Sometimes groups can experience a sense of being drained by their decision-making and meeting process. Learning the art of effective meeting facilitation can help to enhance both energy and results from meetings, and can help to transform a group into a more dynamic and successful entity.

The participants are actively involved in facilitating meetings, to hone their skills in dealing with conflict, power dynamics, challenging personalities, and effective delegation and organizational structure. The attendees do a lot of homework to understand the agenda items, talk to the group, and bridge the gaps on dissenting opinions.



Participants employ a team approach, where there is one objective facilitator, who can help improve the way the group identifies problems, solves problems, and makes decisions; one note taker, to capture thoughts and ideas from the discussion; and one person who watches for body language cues, to get everyone involved and "heard" (even those who are fidgeting or not speaking up).

Every facilitated meeting has a specific purpose or result to be achieved. For example, the purpose of a particular facilitated meeting might be to create a strategic plan for the organization, or improve the efficiency of a specific process, or define a solution to a difficult problem. To create the result, the participants are involved in a series of pre-defined steps. The steps might involve understanding the current situation, isolating the problems and root causes, generating potential solutions, selecting the best solution, and developing an implementation plan.

The role of the facilitator is to guide the participants through the steps. Rather than dictating the solution, the facilitator uses an understanding of the process steps and group dynamics to help the group achieve the desired results, given the specific needs and characteristics of the participants. If the facilitation is successful, the final result will have been created, understood and accepted by all participants.

Laird and Ma'ikwe are professional facilitators and have been involved in forming intentional communities and managing nonprofits. These experiences inform their unique, whole-person approach to meeting dynamics. Ma'ikwe has worked for 19 years as an organizer, director, teacher, and as a consultant. Laird has a national reputation in Integrative Facilitation, conflict management, and consensus. He has worked extensively with cohousing groups across the country.



If you're going to embark on a problem-solving meeting, you're best off doing it efficiently and effectively with the guidance of a skilled facilitator who has the objective of directing the discussion towards a successful result. Meetings without good direction often end up wasting valuable time. A successfully facilitated meeting can result in all individuals coming away enthused with the way forward.

Upcoming Events

March 24 - "Welcome to Spring" Open House, from 2 - 5 p.m.

Join us for a tour of our community greenhouse, and then tea & cookies in various members' homes. Learn more about sustainable living in a supportive community.

June 9 - 3rd Annual June Open House, from 10 a.m. - 2 p.m.

Conversations with Penn State Master Gardeners, as well as tours of our innovative greenhouse and environmentally friendly homes. Master Gardeners times and topics TBA.

Pesticide-free trees at Seven Springs Tree Farm



Did you know our choose & cut Christmas trees are pesticide-free? At Seven Springs Tree Farm, we use time-tested procedures to keep our trees healthy so we don't need to use pesticides.

The Penn State forestry department tells us we are one of the only pesticide-free Christmas tree farms that they know of. They send students to do research at our farm because it is one of the only such "outdoor laboratories" of its kind.

Unlike at a conventional tree farm, researchers have found more beneficial insects here - in particular, praying mantis - which are large, carnivorous insects that eat other harmful insects. Praying mantis and other so-called "helpful insects" are more plentiful on our farm because we don't spray toxic pesticides.

In addition to having more beneficial insects, we also plant a variety of trees together so that if there is an outbreak of a particular pest, it can't jump from the same type of tree to another as easily. When all like trees are planted together, it is a smorgasbord for pests, but when different trees are mixed up, they have a harder time finding a "buffet" to munch on.

There are many different pesticides and chemicals used in conventional Christmas tree farming that are harmful to tree farm workers, the environment, and the people who bring these trees into their homes. [Click here to learn more about the real dangers of pesticide use on tree farm workers and the environment.](#) You can be assured that your choose & cut tree from Seven Springs will be pesticide-free for a safer & healthier Christmas.

Choosing a natural tree instead of an artificial tree is a choice that greatly benefits the environment. While they're growing, real trees support life by absorbing carbon dioxide and other gases and emitting fresh oxygen. They also provide a refuge for wildlife and are renewable. Pine trees of all varieties will attract different birds for shelter, nesting and seeds, and winter birds in particular are fond of pine trees.



As far as the debate over artificial trees - most of them are vinyl Chinese imports, and quite a few contain lead. Fake trees contain toxic

plastics that are hard to recycle once thrown away. The average family uses an artificial tree for only six to nine years before throwing it away, where it will remain in a landfill for centuries after disposal.

Be sure to tell your health-conscious friends about our tree farm, which is as easy as forwarding this e-newsletter (see the "forward to a friend" link at the bottom of this email).

Visiting Hundredfold Farm

You don't need to wait for an event to visit us! Tours are available by appointment. Please call Gretchen, our Outreach Coordinator, at 717-334-4587 to arrange a visit.

Speakers Bureau

We are pleased to announce that Hundredfold Farm now has a speakers bureau! If you would like to have a representative come and speak to your group about a particular topic related to cohousing or sustainability, please leave a message at 717-334-9426 or email info@hundredfoldfarm.org.

Classifieds

Solar home for sale at Hundredfold Farm

Built in 2007, this beautiful home is located in Pennsylvania's first ecologically sustainable rural community, just 8 miles west of Gettysburg. The kitchen, dining room, and living room feature an open floor plan with south-facing windows and panoramic views. There is a large master suite, with two additional generously sized bedrooms and two full baths. Ceramic tile and hardwood floors throughout.

Bonus 600 sq.ft. unfinished walk-up cape cod-style attic that can be used for storage or a workshop, studio, playroom, etc. Solar electric and solar hot water systems, combined with renewable energy credits, result in no net utility bills. Enjoy 80 acres of private secluded property with scenic mountain vistas, organic vegetable gardens, and over one mile of walking trails. Read more details here: [1134 Evergreen Way](#) or look up [MLS #21105782 on Realtor.com](#). Contact Prudential realtor David Sites at 717-487-4000 to arrange a showing.



Building Lots for Sale

Build your green dream home at Hundredfold Farm – five building lots are still available. Cohousing balances the traditional advantages of home ownership with the benefits of shared common facilities and involvement in community governance. Individual homes are arranged to preserve privacy while, at the same time, encouraging neighborly interaction. If you are interested in a pastoral, secluded location that can provide food and energy security, while sharing your living experience with a group of like-minded neighbors, you should come and take a closer look!

Community members enjoy shared meals, social events, and gardening together. Our eco-friendly designs include solar hot water and solar electric systems on each home plus an innovative living machine wastewater treatment and recycling system. Call 717-334-9426 for more information.



Overnight packages

Get a taste of the small, friendly village that is Hundredfold Farm ~ tour our ecologically sustainable homes, wastewater recycling facility, and Christmas tree farm, plus enjoy a community meal.

Hundredfold Farm is a peaceful, relaxing oasis, located 10 minutes from the historic Gettysburg Battlefield. You can also enjoy wine tasting at local wineries, a day trip to Washington DC, and hiking the Appalachian Trail. Schedule your visit to take advantage of seasonal activities and events, including the reenactment of the Battle of Gettysburg and various local festivals such as the National Apple Harvest Festival, the PA Lavender Festival, and the Gettysburg Festival celebrating American art, music, and cuisine. December visitors will have the opportunity to experience a working choose & cut Christmas Tree farm. Skiing and snowboarding are also available locally at Ski Liberty and other nearby resorts.

A great getaway for individuals, couples, families and groups. Stay for a weekend or a week ~ contact us at 717-334-9426 for pricing.

Please let us know if you are interested in staying on our list and/or take the opportunity to update the information in our records. Following the "subscribe" link at the bottom will take you to a form where you can enter updated information (and there's an "unsubscribe" link at the bottom if you decide to opt out). You can also forward this message to someone who may be interested in being added to our contact list and receiving this newsletter.



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