

## FOTF MINUTES

AUGUST 20, 2019.

8 CROSS ROAD, AMHERST NH, DONNA RILEY'S HOME

Attending: Donna, Toby, Tatum, Barb

10:35am Opening:

Donna read "Sacred Activism"

Tatum and Madeline lit the Candle

Introductions check-in go around- What is good *about the farm* but not food?

Donna – FOTF Activism

Barb – her sister is coming to visit (she totally missed "about the farm" part)

Tatum – compost area: proof of biodynamics in action!

Toby – her son, Farmer Joseph (she also missed "about the farm" part!)

Approval of the minutes from July 23, 2019 - We approved the minutes of July 23 meeting as amended.

Donna requested that we meet once a month, rather than every two weeks.  
Next meeting will be Tuesday, Sept 17, 2019

Items to the BOD/ Our institution - FOTF - our church, spiritual community

Donna proposed we change the name to FOTFA, where A=activists AKA spiritual warriors. We all agreed. Pronunciation remains the same.

We also agree that we need a forum for FOTFA (Barb needs us to define 'forum' – does that mean we need a means to communicate w members?)

Barb will upload all the minutes to her personal website and provide the URL. The directory is 'hidden' and can only be accessed via the URL.  
<http://www.ooakfolk.com/personal/fotfa-minutes/>

On Thursday, August 27, there will be a meeting between ECF, FFC, and TWCF board members, to encourage and facilitate alignment amongst all 3 groups. We are hoping that Barbara Johnson will moderate.

Donna asked what FOTA wanted her to present at this meeting. The following questions were asked:

What is the relationship between ECF and FCC and TWCF?

Why don't they all communicate?

Why don't the farmers communicate?

Why don't we (the members) communicate?

Barb postulated that members don't communicate because there is so much produce in the farm store, and we get no advance notice of what will be there or of how much we can take, that we concentrate on planning our meals/processing for the next 3-4 days and don't have 'time' to engage with other members because that would break our train of thought. *It would be REALLY helpful if the farmers would share the data they collect about what was harvested, so that we can plan ahead and arrive at the farm store prepared.*

Donna mentioned a document she received from the Biodynamic Association regarding how participants at the upcoming convention should treat each other (and themselves). Tatum found it and forwarded it to Barb to include in the minutes. We need to share this with both the members and the farmers:

<https://www.biodynamics.com/conference/2019/community-guidelines>

1. **Be fully present.** Turn off or silence and put away your phone and other devices. Minimize distractions and disruptions for yourself and others. Be here now.
2. **Give and receive welcome.** Say hello. Share a smile.
3. **Listen deeply.** Listen not just to words, but to the feelings, ideas, and inspirations behind them.
4. **Stay curious and open.** Ask questions. Practice inner inquiry. Expect and accept a lack of closure or agreement. Stretch your willingness to be uncomfortable.

5. **Make space, take space.** If you tend to be the last person to speak, consider adding your voice sooner. If you tend to jump in right away, practice patience and listening.
6. **Share your knowledge, skills, and questions.** Don't expect that we all come with the same language. If you use words or concepts that may be unfamiliar to others, check in to see if an explanation is needed. If you don't understand something, ask to slow down and clarify. No one knows everything, but together we know a lot.
7. **Speak from your own experience.** Use "I" statements rather than generalizations. As you listen to others, understand that their experiences are unique to them, and your experiences are unique to you. Be aware of your biases and privileges, and allow space for voices that are different from your own.
8. **Embrace difference and diversity.** Practice "yes/and" thinking, exploring how apparently contradictory ideas, observations, or experiences might be true at the same time.
9. **Respect others' identities, backgrounds, and boundaries.** Listen to how people introduce themselves, look at name badges, and use the names and pronouns that people prefer. Do not assume anyone's gender identity, cultural background, sexual orientation, or socioeconomic status. Get consent before touching anyone, asking a question like, "May I give you a hug?" and listening carefully to the answer.
10. **Take care of yourself and each other.** Stand up, move around, drink water, step outside, rest. Offer support when you sense it is needed.
11. **Be aware of both intent and impact.** Even though we may intend no harm, sometimes our words and actions can be unskillful and hurt others. Listen to what you actually say, not just what you meant to say. Recognize that impact is often different from intent. If someone tells you that something you said or did caused harm, listen, acknowledge their experience, reflect, and reengage.
12. **Call each other in, not out.** When someone acts in a way that challenges your values, use it as an opportunity to invite or call that person into greater awareness of their impact. Be accepting that you might also be called into acting more skillfully. Let's all help each other to learn and grow.

Donna feels that food is so devalued? (how so? by whom? our members?  
Barb needs clarification!! )

We need someone to direct resources, to be clear and open, and manage the energy around the farm community. Who could/should that be?

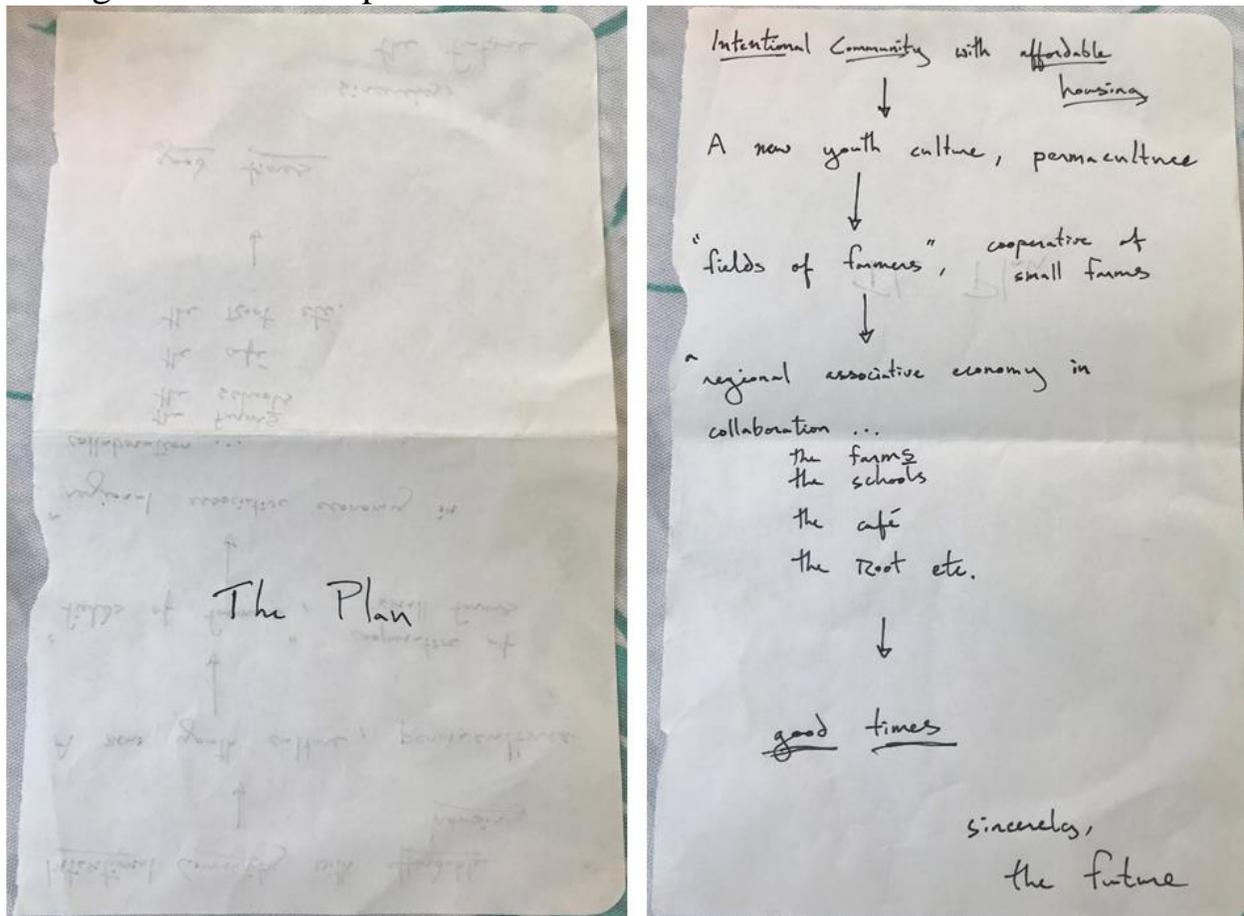
Donna will create an agenda for what FOTFA will present to the meeting. We agreed that it should include the following:

TWCF needs to determine what its main focus is – food (commercial) or education (spiritual).

Donna feels that the spiritual/education aspect should be paramount, Barb thinks food should be the primary focus (surprise!) and education secondary, although we do need an education component for 501c3. Barb doesn't see how we can have education without producing food.

Dane shared a plan that he and Silvano drew up on a recent farmer outing which includes an Intentional Community, interacting with other farms and entities in the area (schools, café, The Root, etc...), and with a focus on youth culture and affordable farmer housing.

A diagram of this is reproduced below:



We decided that the communication initiative needs to be bottom up, starting with US. What can we do? How do we establish a foundation for farmers to talk to each other?

Our members want to spend time with the farmers – we need to leverage this to entice members to harvest. We have not received the harvest date ranges yet so we cannot move forward with that initiative.

Jennifer is leaving TWCF and going to Pine Hill.  
Donna will do an exit interview.

Closing: Tatum, Madeline, Riley, and Eliza read, “The Light Opens Up”

Next meeting Sept 17th