

July 30th - 31st, 2021



Workshop Schedule

Friday 5 - 8:00 PM	Saturday	8 AM	8:30 - 9:40	10:00 - 11:10	11:40 - 1:00	1:20 - 2:30	2:50 - 4:00
Evening Keynote by Kim Fuhmann "Terrain theory Versus Germ theory: Strengthening the Immune versus Killing Germs"	Human Health and Nutrition	Welcome by David Lapp	Public Health, Personal Freedom, Democracy Robert Kennedy Jr.	Creating a Powerful & Resilient Immune System Morley Robbins	Noon Keynote by Sina McCullough "Living Beyond Labels"	Building a Healthy Terrain Kim Fuhman	Q & A Kim Fuhman
	Homemaker's Tent		Making Fermented Medicine in a Jar Sheila Fuhrman	Q & A Robert Kennedy Jr.		Reversing Chronic and Autoimmune Diseases followed by Q & A Sina McCullough	Transitioning Your Family Into a Healthier Diet Ladies' Panel Discussion
	Gardener's Tent		Fruit Tree Care and Fertility Melvin Peachy	Improving Your Soil Health to Improve Vegetable Quality Nelson Miller		Connecting Human Health to Your Gardening Nelson Miller	Overwintering Beehives Lamar Wenger
	Farmstead Tent		Home Beef Processing Derek Eberly <small>Mountain Man Mobile Processing</small>	Community Farm Groups: 10 Farmers = 1 Marketer / Central Hub Aaron Stoltzfus <small>Eagle Road Produce</small>		Marketing and Margins: Creating a Profitable Farm Enterprise Dave Stoltzfus <small>Dutch Meadows Farm</small>	On Farm Creamery: Producing and Processing Grassfed Dairy Products Raymond Stoltzfus <small>Dutch Meadows Creamery</small>
	Horse Arena		Teaching a Horse to be Caught Sam Smucker	Trick Training: A Win Win Situation Noah Esh		Management of Horse Health / Skeletal Alignment Terry Hatfield	Continuation of First Session Sam Smucker
<i>These demo times, subject to change, will be posted on event day.</i>							
Announcements take precedent over schedule	Children's and Other Activities	Large Corn Box Open 8:30 - 2:00	Miniature Goat Demo Every Hour	Horse Treadmill Demo	Sheep Herding & Shearing (9:40-10:00, 1:00-1:20)	Barrel Train Rides	

Overview of Events

Friday Evening

On Friday evening, Kim Fuhmann of Gretna, VA will bring the keynote address on how our daily environment affects our ability to fight off germs; Understanding and Building a Healthy Terrain for Health and Wellness. Kim will also explain how inflammation is a root cause of disease and offer a plan of action for wellness.

Saturday

In the Human Health and Nutrition Tent, Robert Kennedy Jr., will share his views on Public Health, Personal Freedom and will follow up with a Q & A session. Morley Robbins will return again this year to address How to Create a Powerful and Resilient Immune System.

Do you want to be healthy, but find yourself overwhelmed by all the conflicting diet advice? You're not alone. Eggs are bad one day and good

the next. Kale is good for you today. Tomorrow it might not be. How do you know what to put on your plate that will lead you towards greater health and wellness? Sina McCullough, a Ph.D. in Nutrition, will help to clear up the confusion during her Noon Keynote address "Living Beyond Labels".

After the lunch break, Kim Fuhmann will discuss Common Health Complaints and Strategies for Overcoming Them. You will then be given the opportunity to have your questions answered during Kim's Q & A in the following session.

Come to the Homemaker's Tent where Sheila Fuhrmann will demonstrate How to Make Fermented Medicine With Vegetables, In a Jar. Robert Kennedy Jr's Q & A session will be next.

Sina McCullough returns after lunch to share her knowledge regarding How to Reverse Chronic and Auto-Immune Diseases. She will also take time to answer your questions. Come join us for a Ladies' Panel Discussion on "Transitioning Your Family Into a Healthier Diet" in the last session.

Continued on back

The Gardener's Tent will feature Fruit Tree Care by **Melvin Peachy**, of Belleville, PA. Learn from **Nelson Miller**, of Hillsboro, Ohio, How to Improve the Quality of Your Garden Bounty by Improving the Health of Your Soil. **Nelson** will return after lunch to share with us his topic "How to Connect Your Health to Your Gardening". In the last session, **Lamar Wenger** of Welsh Mountain Apiaries will give tips on How to Prepare and Overwinter Hives Successfully.

Scheduled in the Farmstead Tent is a home beef processing session by **Derek Eberly** of Mountain Man Mobile Processing. **Aaron Stoltzfus**, of Eagle Road Produce in Quarryville, PA, will share his experience in Creating Community Farm Groups, making it possible for small family farms to survive. In the final sessions, **Dave Stoltzfus** of Dutch Meadows Farm will speak on Marketing and Margins, Creating a Profitable Farm Enterprise, then **Raymond Stoltzfus** of Dutch Meadows Creamery will share his expertise in Producing and Processing Grass Fed Dairy Products on his Farm.

Horse enthusiasts will want to come watch the scenes unfold at the horse arena. **Sam Smucker** will begin by demonstrating his horse training techniques. "Can't catch me", said the horse proudly. "Well, you might change your mind" answered Sam, in his horse loving tone of voice. Next, Reaping the Benefits of an Obedient Horse will be brought out by **Noah Esh**. **Terry Hatfield** will then demonstrate his Horse Massage Methods. **Sam Smucker** will return to continue his training during the final session.

Lets Learn Together!



We will be providing:

- Educational seminars
- Homemakers advice
- Farmstead ideas
- Children's activities including a Petting Zoo and Corn Box
- Healthy baking, Vegetable Growing and a whole bunch more!

Food will be available for donations.

If the donations exceed the cost of the event, then the proceeds will be donated to a local cause that is likewise putting forth effort to assist people towards good health by teaching and recognizing good stewardship of God's creation.

Mission Statement:

We endeavor to provide an educational basis that promotes down to earth ways to bring forth nutrient dense food for homesteaders and farmers alike, while supporting sustainable and simpler lifestyles that promote cohesive, economical, and healthy, rural living skills. Enabling future generations to farm with a positive attitude and a strengthened motivation.

All event attendees enter at your own risk.
We will not be held responsible for accidents.
Activities are subject to change without notice.

This is an educational outreach of CARE (Communities Alliance for Responsible Eco forming).
For CARE members and guests, all rights reserved without prejudice.

If you have any questions concerning the event, please call 717-345-2684 ext. 827

Family Days On the Farm 2021



**This years event will
be held at:**

The David Lapp Farm
3737 Yost Road
Gordonville, PA 17529

July 30th and 31st, 2021
Friday - 4PM to 8PM
Saturday - 8AM to 4PM
(rain or shine)