



Camphill Farm Community Hermanus

Quality of life for adults with intellectual disabilities



ANNUAL REPORT 2018

40 years | 1978 – 2018



Camphill Farm Community

Hermanus

Quality of life for adults with intellectual disabilities

WHO WE ARE

Camphill Farm Community Hermanus ("CFCH") has provided residential care and supported work for adults with intellectual disabilities since 1978. This rural Community is currently home to 52 adult residents, who share their lives with engaged staff and volunteers in a safe and secure environment.

Each resident is supported in such a way that they have opportunities to live self-fulfilled lives with access to sound nutrition, medical care, meaningful work, therapies and a versatile social and cultural life. Persons with special needs find a safe home here. They are enabled and encouraged to embrace opportunities, develop their individual abilities and make a meaningful contribution to their livelihoods and their Community.

VISION

Camphill Farm Community Hermanus strives to provide a high quality of life for adults with intellectual disabilities, promoting choice, meaningful inclusion, equality, respect and spiritual growth in a safe and sustainable environment.

MISSION

Camphill Farm Community Hermanus empowers people, especially our residents, to live in an intentional life-sharing Community in an environment that promotes and sustains independence, dignity, mutual respect and choice.

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Lizzy



Joel

CHAIRMAN'S REPORT **Ray Potton (Chairman)**

2018 is a very auspicious year for our Community, as we turn 40 years old in September! This is something to celebrate, especially in today's climate of survival for the vast majority of NGOs. Perhaps our most important and ongoing goal as we support our residents, is to somehow retain the timeless values of Community (Community cohesiveness and all that that entails), while adapting to the rapidly changing world around us – retaining a sense of calling & Community spirit, as opposed to "it's just a job".

In my last two reports to you, I have highlighted the restructuring process which began in March 2016. After a difficult and often painful two years (a higher than desirable staff turnover, uncertainty etc), we are a far more settled Community now, as positions, contracts, policies and procedures have been bedded down, with everyone understanding their holistic roles at Camphill. This process is not fully complete, however, but I am confident that we are almost at the end of this long tunnel. Resources continue to be directed towards regular training opportunities and interventions (both internal and external), to continually improve each staff member's skills and experience, as well as their value-add.

I'm happy to report that the residents have continued to be a content group throughout this process. The Residents' Council has gone from strength to strength (they even have their own constitution now) and have been a great help, specifically in facilitating Community celebrations and offering

insightful suggestions for the benefit of the Community as a whole.

One of our current considerations is how to follow the worldwide trend of increasing self-determination for adults with intellectual disabilities, whilst all the time continuing to support and care for our residents in the best ways possible. This, I sense, will be an ongoing process over many years, but it is exciting, relevant and current and we are increasing our efforts to look at ways in which residents can increasingly live as normal a life as possible, an example being working in the greater Hermanus area (those who are able). This process forms part of each resident's individual development plan review and I'm pleased to report that all the residents' plans were updated in the first half of 2018.

Regarding our farming activities, as with all farms in the Western Cape, the current drought is having an effect on various aspects on the farm, although the situation in Hermanus is currently not as severe as in other areas. However, we would be remiss to ignore the changing climate and its effects.

At this point I'd like to reiterate that we are – and always have been – a Community that happens to live on a farm and not the other way around (a farm that happens to have a Community living on it). We are to all intents and purposes a Community farm.

Over the years we have tried to make the farm a going concern, with limited success. For example, it has unfortunately become increasingly clear that the resources to support a viable milking herd, within the

context of the milk industry in South Africa, is an uphill and costly business. As a result, we have made the conscious decision to focus all land resources (not just dairy) on providing for the Community first and foremost, with any surplus being sold to the local market. This process is also in transition, but I can say with confidence that the Community is being provided with high-quality produce on an ongoing basis (fresh dairy, meat, poultry, honey, vegetables and herbs).

Regarding our facilities: as I mention every year, the maintenance of our ageing buildings, workshops and other structures is an ongoing challenge and they are in constant need of repairs. In spite of this, our facilities team does a good job day in and day out – in the small things, in the bigger projects, but also in regard to preventative maintenance. My thanks go to these individuals for their ongoing efforts.

While safety and security is a national challenge, we have now completed phase one of our security upgrades and the Community is sleeping more soundly at night. An example of this has been the long-overdue upgrade of the window and door frames in five of our group homes, kick-started by a very generous donation from the National Lottery Commission towards our operations in general. However, the recent spate of protest action in Hermanus has had a knock-on effect in our Community. As a result, the Community has gone through patches of extreme fatigue. I'd like to thank the staff who took on these extra loads and ensured that the support we offer to the residents, together with the care of the farm animals, continued uninterrupted and up to the usual high standard. In April, we were also rocked by the tragic death of Rochel Theunissen, one of our much-loved house leaders.

Last year I mentioned that we had contracted a social worker (after a long period without one). I am happy to report that this person has become an integral part of our operations and has now become a full-time employee. She also heads up our Admissions team, ensuring a rigorous process continues to be followed when applications are received and processed. In addition, she has completed our social care audit and a number of her recommendations are already being implemented in the Community.

While there are many changes afoot, thankfully some things remain the same – and these include our Camphill festivals which have continued throughout (Christmas, Michaelmas, Easter, St. John's, Whitsun to name but a few). These festivals, together with a number of other Community events, regularly remind us all of our togetherness – that what affects one, affects all.

Lastly, thank you to all of you who support us in our endeavours here. Although I express my thanks every year, I am continually in awe of how you give of your time and resources so generously, most often without any fanfare.

Our thanks also goes to the Department of Social Development, the Department of Health, as well as the Overstrand Municipality for your ongoing support. I would also like to highlight the ongoing commitment and support of the Association of Camphill Communities UK & Ireland who year after year provide for us in so many ways – and, in particular, Geoffrey Weir, who selflessly and freely gives of his time and energy into this Community. Thank you too to my fellow board members who are so committed to seeing Camphill succeed. Also a huge debt of thanks to our staff and volunteers for your

commitment in supporting our residents and land. And, finally, thank you to you, the residents, without whom there would really be no Community. You lighten our loads, you light up our lives. I said it last year and it's worth repeating: you are the heartbeat of our Community. Thank you!

BOARD MEMBERS (to March 2018)

Geoffrey Weir - BSc FCA
Ray Potton | Yvonne Mego
Elma Young | David Trojeski
Esther Zietsman | Julio Laset

*Life is not measured by the number of breaths we take,
but by the moments that take our breath away*

FROM THE EXECUTIVE MANAGER'S DESK

By Sam Hodson

In breaking with tradition, I'd like to start at the beginning by thanking all my colleagues here at Camphill Hermanus, who I can't praise highly enough for the work that they do and the unique qualities that each one brings to bear. This Community has swung between both ends of the emotional spectrum this year – from joy to sadness and back – and this sometimes all in a day! Yet you, the staff and volunteers, have stuck it out, tired as you've been at times, and you've gone beyond your duty, despite the challenges we've faced. Thank you!

We are a truly multi-faceted Community, combining a residential life with workshops, in a rural setting, each area having its own needs and requiring its own attention. Since the restructure, although not out of the woods yet, we now employ 31 staff members (and two additional contracted people) who do the work of many more.

The Community in general has celebrated together more this year, which has also greatly contributed to the positive spirit in the place. While we will be celebrating our 40-year anniversary soon (some of our residents have been here almost that long!), other events have been greatly enjoyed by everyone (for example, our annual Easter Olympics, our December family fun day, a joint fire drill with Camphill School to our neighbours at Volmoed (quite a logistical exercise!), the whole Community going to the movies (Mama Mia 2). Our therapies have also continued throughout the year (including eurythmy and yoga classes, fitness, dancing and music).

The Residents' Council, formed last year, attend management meetings once a month and continually come up with creative ideas for this Community. The self-advocates group, facil-



ited by the Western Cape Forum for Intellectual Disabilities, continues this year and four of our residents greatly benefit from it.

Our group homes, the area of biggest staff changes since the restructure, now work comfortably to rosters which has greatly assisted in the management of each home, although this has created certain transport challenges, as Camphill is out of town. The house and assistant house leaders attend weekly training sessions, with the current main focus being on 'Homemaking as a Social Art'. The recent employment of a roving house leader has greatly helped in providing additional cover for the houses and thereby allowing house leaders to rest more. Our social worker has also been integrally involved in the daily affairs of our residents, which has also helped to take some of the pressure off the house leaders and workshop leaders.

As mentioned in last year's report, the farm has been divided into its component parts (pastures/herd/dairy, herbs, poultry, bees) with coordinators overseeing each section. This is working well and the residents who are engaged in these areas receive more individualized attention. We were also fortunate not to have been affected by the recent outbreak of bird flu, with our focus on hygiene and cleanliness in the poultry garden and coops having substantially helped in this regard. Our bees (the hives are five years old now) produced a bumper crop of honey in April, more than enough to see the Community through until next year's crop. The invasive plant clearing programme continues, with funding again received from the Overstrand Municipality for this purpose, for which are extremely grateful.

As with every year, there have been unique events that have come along to challenge us,

with the murder (offsite) of one of our house leaders in April being the biggest shock. Rochel Theunissen was well-loved – by volunteers, staff and residents alike – and her death created ripples through the Community that perhaps are still being felt. The silver lining, though, was the way in which the Community pulled together at the time. Quite special.....

Other challenges are the same each year it seems, with the cost of living spiraling, our residents and estate getting just that little bit older, staff turnover and the like. However, the staff have been exemplary in managing these challenges, while still well supporting our residents and the workshops. We experienced ongoing communication challenges throughout the first half of 2018, but thankfully, with a decent equipment upgrade, we seem to be through the worst. Of course, the Hermanus protest action this year has had a severe effect on everyone. Nine of our staff members have been directly affected (traumatised) and the others have had to take on additional tasks and work much longer hours (fatigue). We have arranged trauma counselling sessions for those who want it.

An area of lack and increasing concern at the moment is the sourcing of a suitable fundraiser, a difficult post to fill in this region. Despite this, our traditional partners have continued to support us through thick and thin. We also had the privilege of attending (and being the principal beneficiary of) the Rare Plant Sale held at Tokara wine estate. Our thanks to them for this wonderful occasion and their generosity. In addition, we were granted two street collections in Hermanus, which also raised awareness of our Community. The main focus going forward will be the better utilisation of social media platforms, especially our website.

Once again we have been fortunate to continue our partnership with De Freunde in Germany, who provide us with volunteers each year. This year six young adults joined us for 12 months and for the first time started attending our management meetings once a month. I recently had the privilege of conducting the exit interviews with each of them and appreciated their insight and useful suggestions, especially their being able to see our Community through young eyes. I truly admire those who give up a year of their lives to serve others and they bring a freshness and youthfulness to our Community each time. They also grow a lot too as they discover things about themselves while here! Another group arrives in late August.

In addition to thanking my colleagues, I would like to thank many others, including:

- Our management team members for carrying the overall responsibility for the Community;
- The Association of Camphill Communities UK and Ireland for their very generous support and, in particular, Geoffrey Weir for all he does for us, together with Colm Greene;
- Hilda Hechter, who recently retired, but continues to live on the premises and assist

us wherever there is need. Hilda is one of our true stalwarts and has 'seen it all' at Camphill over the years;

- Camphill School, our sister, partner and friend;
- Richard Goodall, our priest, who visits and inspires us throughout each year (and seems to arrive at just the right time each time!);
- Our therapists and specialists who give of their time so readily;
- Our donors, who give financially and in kind, who are so generous – and regularly so;
- The residents' family members, who support us in the work that we do;
- The staff without whom we would be nowhere; and
- Last but certainly not least, the residents, who remind us each day (sometimes candidly so!) why we're here.

Perhaps I could sum up the year in the words of one of our volunteers: "It's been a crazy year, but we've rocked it!" Never a dull moment at Camphill, yet so rewarding. The journey continues.....



REFLECTIONS ON MY YEARS OF INVOLVEMENT IN CAMPHILL

By Ray Potton

My involvement in the 40 year Camphill journey began in 2002 when my daughter was accepted into the Hemel and Aarde community.

I first learned of Camphill when my wife and I were researching facilities for my daughter who is intellectually disabled. She had finished her formal schooling and was desperate to find meaningful work. We visited Camphill West Coast and decided that this was possibly the place where my daughter could live a productive life - it would however be her decision. We visited Camphill Hemel and Aarde a couple of months later and fell in love with the valley. Catherine was also more positive. She passed the assessments and was accepted as a resident and we have never looked back. Catherine is happy, enjoys her work with the animals and feels that she is a productive member in the community. Once Catherine was accepted I soon realised that I could not just sit by and allow others to take the responsibility for the community's wellbeing.

I joined the friends of Camphill group and met some wonderful parents who were committed to ensuring the wellbeing of the community.

A short time after getting involved with the friends I was approached to join the board. Little did I realise that the warm welcome I received from David Trojeski was the pleasure he felt at finding a possible successor to himself as chairman. He had performed this function with distinction over many years and believed he needed to find a replacement.

The next year I was voted in as chairman with David as my deputy.

Camphill has undergone many changes over the years that I have been involved with the community. Initially most of the co-workers were voluntary. This is no longer the case.

People are no longer willing to live in community on a voluntary basis and in addition, labour

legislation no longer recognises volunteerism and we needed to offer employment contracts to all staff members.

Over my years of serving the community I have been privileged to meet and interact with many wonderful and caring people - too many to name. They know who they are and we the board, residents and supporters of Camphill are forever indebted to them.

I need, however, to make a special mention of Geoffrey Weir, from Northern Ireland, who has done so much for Camphill, not only as the representative of the AoCC in Southern Africa but also in his personal capacity as a board member. He truly exemplifies the Camphill ethos.



I encourage all parents and siblings of residents to become involved in the activities of Camphill as we need your support and input.

Thank you too to the board members who so selflessly serve the Camphill Community, both the current members as well as those who have served on the board since Camphill opened its doors. Your contribution, often unnoticed, is and has been highly valued over the years.

My years of serving Camphill have been both a blessing and a joy.

RESIDENTS

RESIDENTS COUNCIL

The Residents Council took over from the Residents Committee and they are absolute stalwarts. They have plenty of bright ideas and are an immense help at all our functions. They participated in a play for St John's Festival and did a sterling job.



Residents Council: Catherine Potton, Brendon Minnaar, Caroline Bradley, Nicci Adriaanse, Hans Peyerl, Roy Dominion (absent Jonathan MacPhail)

SELF-ADVOCATES

Every two years 4 residents are chosen to represent our residents at the self-advocates group that is arranged by the Western Cape Forum for Intellectual Disabilities (WCFID) at Alexandra Hospital in Cape Town. The meetings happen quarterly and topics such as self-

empowerment, rights and responsibilities are discussed. The meetings are attended by places for people with ID from Cape Town and surrounding areas. The last meeting is a social where the residents and their carers can get to know each other on a different level.



Robyn Rose Grant, Caroline Bradley, Cornelia Alegi and Mark Meyer

RESIDENTS FORUM

The Residents Forum usually takes place once a month as a platform for all residents to air what is on their minds. This is also an opportunity for the Self-Advocates to report back on what they had learnt at their meeting. Other topics are often presented at the start of the Forum meeting.



CAROLINE BRADLEY

I am from Johannesburg, I have moved here to Camphill in 2017. It's been a year I've lived in Camphill. I work at the Poultry with the chickens and I help in the vegetable garden, where we grow all different vegetables, each season we change. In June we have been doing the grain for the chickens and we have cleared the garden to make another vegetable spot, planting a paw-paw tree.

Last year I worked in the craft and I crocheted hand bags, I fabric painted t-shirts for the residents council, the talent show and market day.

I'm in the resident council where we get involved with special occasions, like sport days,

coffee bars, choirs from overseas, etc. We set up the tables, chairs, cups and help with the cleaning and we were in a concert for St John day. We have our own meetings and we discuss what the residents would like us to do, which we write down and take to management.

Camphill is a home where residents live who can't live on their own and need help and support.

Camphill is a really good environment for your son or daughter to live as everyone in Camphill are really good with each other and house leaders are really wonderful people.



NICOLETTE ADRIAANSE (NICCI)

My name is Nicolette Adriaanse (Nicci). I am 48 years old. I come from Cape Town. I have not been in Camphill very long. I am a Residents Council member. I have made a few friends. My workshop is Crafts. I am making a blanket and a doorstep. You can walk around Camphill.

I live in Protea house. Karin is our house mommy to cook. Karin gets my tablets for me. I say thank you for that. There are nine of us in the house.



Claudia and Hans Peyerl (our only resident married couple)

HANS PEYERL

My name is Hans Peyerl, and I have been living and working in Hermanus Camphill Community for about 17 years. In those years I have learned a lot about myself and about others. It has been a journey that has not been an easy one.

There is still so much more that I need to find out about myself, that I don't know or understand yet. However, it has been a journey that has made me realize just how important all of us are, not only in Camphill, but also in the greater world out there. I have also realized that each and every person here has their strengths and weaknesses. But all of us are unique.

Each one of us have been given tasks and responsibilities. This can be rather difficult and painful. As a Residents Council member I need to help ensure that all the Residents have a voice and that the Council as a group can give ideas. We need to support each other and Residents Council members need to set a good example for others.

I really wish to thank all the Residents Council, as well as all the House leaders and others who have helped me to grow as a person and for all their support. A big thank you to Sam and others who are carrying Camphill on their shoulders - not always easy task to do.

CHETNA VALLAHB

I am 37 years old and have been in Camphill now for 4 years. I love it here, this is my home. I am very happy living in Castor house. I am a good dancer, I do Indian dancing, belly dancing and ballroom dancing. I won gold and a trophy at Camphill West Coast's *Camphill Has Talent*. Everyone was very proud of me. I can iron really well. My workshop is the Herb Garden where I help cutting flowers, I make tea and I help to sweep.



ANDREW UYS

I am 42 years old. I was at Camphill School for two years before joining Camphill Farm and have been living here now for 22 years. I love living in Camphill. I used to work in the Nursery in the Veggie Garden, but when that closed I left. I worked in Pollux, Weidehof and Labora. Now I

work in the Egg Garden and like it a lot. I help Debi with the chickens and eggs. I also work in the food garden. My best is to do carpentry with Bruce. I am in the orchestra with Daniel and yoga with Debi. I am a good dancer. There is dancing with John on Sunday evening. Castor is my best house.

MARK MEYER by Rev. Carole Meyer, Mark's Mom



Mark has been at Camphill Farm since the age of 18 years old (1978), for 40 years! He was at Cresset House near Johannesburg

before that, for about 8 years. How the time has flown! My very best wishes and congratulations to all who live and work at Camphill Farm, and my thanks and appreciation for the wonderful love, kindness and care shown to my beloved son Mark over the many years. It has been such an amazing place for him to find

dignity and a sense of worth. Words are inadequate to express how much it has meant in his and our family lives. He has experienced the peaks and valley's in his life (as we all have), but I am so proud of the man he has grown up to be, and that would not have been possible without all your teaching, guidance, care and wonderful example. He has been given the opportunities to develop his gifts and abilities, and to live a quality life on the Farm. I thank God every day for this, and I pray for God's grace, mercy and protection over you all. Every blessing and lots of love to all.



Some of our residents

RESIDENT'S HOLIDAYS

The residents who have no family or little opportunity to go on holiday are taken for holidays by some of our staff and volunteers. Here are some holidays through the years.



MEMORIES - Elma Young

So much has happened in our valley and specifically in our Camphill since Camphill farm Community Hermanus started from humble beginnings. Laurence Adler spent 2 years travelling and trying to get money together to find money to buy the 2 farms we are situated on, but in the end Laurence succeeded, only to be told the farm has been sold! Eventually the realtor convinced the person who was in the process of buying the farm to look at another one and the farm was ours. What a relief! The next step was to build houses. Three houses – Olyvenbosch (now Protea), Melissa and Cinna-bar were almost roof high when the builder went bankrupt. A calamity, but eventually it all worked out. Later Weidehof (now Raphael) was built. Labora was originally a workshop – a weavery, with some people living upstairs, but later converted into a group home, which was extended in 2005 and residents moved in.



Irma Roehling, Michael and Christiane Lauppe, Laurence Adler in front

So many people have come and gone over the 40 years, some came for a long time, some for a

few weeks, but all made some kind of contribution.

People whom we especially remember with gratitude are Inez (house leader, administrator, singer, actor and much more!) and Christian (baker, actor, maintenance man) Zyglä, Garry Ingram (farmer) and Anne Clarke, who ran our office with amazing competence, and Tim (farmer) and Ulrike (house leader and dairy) Christiansen.



Uta (house leader) and Christoph (farmer) Jensen – here at the beginning

Camphill cheese made by Ulrike was sold to South African Airways. Years later their daughter Annie, who grew up here, ran the diary. The Morkels, Mada (fundraiser, marketing) and Wil (farmer). Siegfried who was our CEO and a house leader for 3 years pre-senting laughter workshops, etc.



Christine Scott (HR), John and Anne Clark, Siegfried Gutbrod, Duncan Badnall, Christopher Botha

There were also Karla Schwedersky and Francisca Schilder, who lived independently at Camphill for 18 years.



Francisca and Karla

They were part of the Council, Karla ran the candle workshop for many years, Francisca helped with care and both were in charge of the Rights and Protection Group for the residents. Berna vd Merwe also lives independently and has been fixing our clothes for many years. She also makes lovely bags to sell on our behalf and has fixed and made curtains.



Sylvia Julius and Jane Gibson – 2 cooks supreme, who were here for many years

There were really too many to mention, but a little bit of each person who has left is embedded in our Camphill. We wish to thank each and every one for their contributions in whatever form!

Ultimately the core of Camphill was and is our residents without whom our lives would be so much poorer, plus there would not have been a Camphill at all. We are fortunate that a number of our residents have been here for as long as

we have and a number of those came from Camphill School.

Camphill School has been our sister for all these years and we share many of our facilities. Seeing the children growing up has always been a blessing. The sad part is that it is not possible for us to take them all when they grow old enough, for various reasons.

Through the years we have also been blessed with various therapists and lecturers from Europe who came to share their gifts with us and to enrich our lives. Some came year after year for some months. Michael Lauppe, who built Sunbird, for music and art, and his wife Christiane did eurythmy (they both helped at



the beginnings of Camphill School). Heidi Feucht, at the time from a Camphill in Ireland, arrived every year for two or three months for Art Therapy for Farm and School. She started

collecting money for an art therapy room, which was added to lotto money to build the PhilaTherapy Centre.

Christoph and Elizabeth Reppel were here for extended periods over a period of 10 years. Christoph brought music, coming and going for a period of 10 years, conducting the orchestra with the residents, as well as doing music therapy with learners and some residents. He also wrote and performed original compositions of his for our services and festivals. He was much appreciated.





Elizabeth, initially along with John Coates gave puppet shows and was also involved with training ladies in Zwelihle as puppeteers.



John Coates for many years did line dancing with our residents.



The Reppels sadly left earlier this year – maybe they will return for a bit?

Daniel Kamber, who has been involved with Camphill (Farm and School) for many years, has taken over the orchestra. He has added a very

African flavor, adding marimbas and drums. He has also taken on a drumming group with the Craft workshop once a week. Greatly enjoyed by all!

Daniel came to the farm as a young co-worker in 1982. He stayed on until 1984. He was involved, along with Georg Domeyer in starting

the wood workshop. They made the furniture for all the new houses at the time: Olyvenbosch, Cinnabar and Melissa. He left to join the Waldorf School in Sandbaai. But all along he has faithfully been a service holder at our Sunday services and been involved with teaching marimbas at the School.

Sandra Stoddard came often from Scotland to help the residents painting beautiful pictures on silk.



The residents under Alix's guidance did some delightful paintings and sculptures.



The Celli Family, a group of young cellists, under the baton of prof. Dechard came in 2012, 2013 and 2014 to give us the most uplifting concerts.

The Village Harmony Choir, with choristers mostly from the USA, but joined by South Africans from Mpumalanga and Cape Town came twice – in 2013 and again in 2018. The first time they came, a young blind girl with a voice like an angel came with. When she sang there was not a dry eye in the audience. At the end of each

concert the choir performed African music – to the delight of our residents who promptly joined in the fun on stage.



Dasha Bulanova started as a young volunteer from Czech Republic for one year, left, came back to work on the farm and dairy, later did horse riding with our residents. She left and took her horses with her. However some of our residents still went for horse riding /grooming. A few years ago she started with Biodanza, but left to have a beautiful baby boy. Congratulations Dasha!



Biodanza group

Martina Kiefer-von-Heynitz came from Germany to do rhythmical massage and eurythmy therapy with individual residents. There was also group eurythmy sessions with residents, house leaders, as well as with our cooks.

Three years ago there was a restructuring (something which has been happening and is happening to Camphills world wide. Volunteering, except for young people coming for a year ended. Everyone is now staff with definite work hours. Whereas before Camphills overseas have sponsored therapists to join us for some weeks or months, this is no longer happening, hence less therapy. People coming from overseas to provide training and lectures as volunteers has more or less dried up.

However there is George Louw providing a fitness group twice a week, Debi Diamond yoga and John Thebus dancing.

Nicolette Botha-Guthrie, previous mayor of Hermanus, was always tremendously supportive.



Avice Hindmarch, who has been a wealth of practical advice on how to garden with permaculture and bio-dynamics



Avice and Roy D

Antoinette van Vuuren (physiotherapist) does exercises with Raphael people once a week.

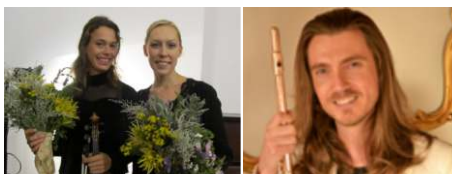


Sr Sandra Martin also returned to our fold after many years away. She helps with our medication, does a clinic and gives social skills training to our residents.



Sr Sandra and Colleen

Anne Marshall, a very accomplished accompanist came twice. Once with Johanna from Holland, playing violin for the Amsterdam Concertgebouw Orchestra and then with Niall O'Riordan, international flutist, taught by James Galway, whom Anne has also accompanied on many occasions.



Anne Marshall; Johanna Westers; Niall O'Riordan

Last, but not least is **Rev Richard Goodall** from the Christian Community in Cape Town who comes every 2 months to give talks, stories, celebration



the Act of Consecration of Man and lately has been giving talks on Conflict Resolution for the Residents Council, Volunteers, staff and Homelife (house leaders and assistant house leaders. All very much appreciated, although not always comfortable to know that the only person you can hope to change is yourself!

Rev Goodall:

My first participation in the community's life was when I helped to organise an International Bio-Dynamic conference in the Western Cape area in the late 80's. I was the BD gardener at the West Coast Village and a house father there at the time. The whole conference drove from Cape Town to your farm to have a farm walk-about and to discuss farming issues of the day. On that visit we all climbed up the mountain and erected the cross on the top of the mountain in line with the cross above the altar in the hall and the cross in the graveyard. The farmer at the time was Christoph Jensen and it was he who had the cross made.

“Have a wonderful celebration when the time comes and I hope that there will be more emphasis on ‘where to in the future’ than on where it has all come from in the past. Courage and enthusiasm for the future is in rather short supply in the world today.”
- Rev Richard Goodall

HOUSE LEADERS, ASSISTANT HOUSE LEADERS & SOCIAL WORKER

THE LOUW’S YEARS IN CAMPHILL BY LUZETTE



Luzette



George

George, who grew up at Camphill, and then afterwards became a staff member, and myself, having been a cook/cleaner for a few years at Camphill took a big step and decided 12 years ago to become house leaders at Camphill. First I was very scared and didn’t want to give up any of my free time. Moving to a community meant you had to share your life with 60 plus other people. Also having two children, a boy who only turned 1 year old, and a 6 year old daughter, I worried that I won’t have enough time to spend with them.

George’s wish was to live in the community again, so we did it. I was fortunate for having Yvonne, a great mentor who taught me a lot. With colleagues like Elma, Birget and Frank we really felt like it’s the perfect move.

Sharing a house with my family, 7 residents and young co-workers from Germany turned out to

be better than expected. We turned a house into a home, and strangers into an extended family. My children loved being with the residents, and vice versa.

We were so close to our residents, that about 11 years ago, when we had to move to Melissa house from Weidehof, we took our residents with us.

In my 17 years of being at Camphill, 12 years of those being a house leader, and for George being part of this Community for most of his 47 years, we had to welcome a lot of new challenges. Luckily I do love a challenge.

One of those challenges for me at the moment is being homelife coordinator, which is quite a big job, but very fulfilling indeed.

We’re still very content with what we have at Camphill, and as long as I can see a smiling, happy resident, I’m satisfied. Sitting in the lounge at the moment, writing this, surrounded with laughter from the residents is heaven on earth.

My son thanked me the other day for letting him grow up at Camphill. For me that’s a sign that we are where we belong.

MY LIFE IN CAMPHILL - Karin Laubscher nee Fick

My roots go deep in the Overberg. My father grew up on a farm just outside Caledon and my Fick grandparents had a holiday house in Hermanus just above Fick's pool (innocently called 'Fickie se gat' in those days) where we spent some school holidays.



Karin with Nancy, Anet in front, Barbara behind

My mother's aunt, Frieda Alheit, had a small cottage just above Nannies beach and here too we spent many school holidays sleeping on truckle beds on the stoep.

My first years of school were spent in Botriver where my father had a furniture factory. Eventually we moved away to Cape Town but continued to spend every school holiday in Voëlklip.

As an adult I did not visit Hermanus very often at all but in 1995 a group of us established an ecovillage halfway to Stanford called Crystal Kloof where I first became a committed 'communitarian'.

Later on my boys and I lived in community in the States, just outside Plant City Florida, the self-styled strawberry capital of the world.

When our visas ran out we returned to Cape Town and after a period of time moved to Hermanus where we lived in Onrus at no. 39 Atlantic Drive, the second oldest house built there, lamentably now razed.

I really wanted to live in community again and was hoping to find a community to join, preferably somewhere in the Western Cape. This was in 2000 and the whole intentional community movement was not yet that well known in South Africa.

One day in Pick and Pay I happened to strike up a conversation with Inez Zygla who told me about Camphill, a community right here in Hermanus! "Why don't you come and spend a few weeks living and working with us" she said and the very next day there I was, living in Dawn House with Mette and Hartmut Berger.

After a week someone suggested I spend time also on the farm. This was around the end of November and so I ended up in Melissa house helping the house mother, Sylvia Reid cook and clean while Jane (Gibson) the cook/cleaner had a Christmas holiday.

I very quickly and easily made a two year commitment to the community and became the volunteer house mother in Melissa where I lived with my 3 sons together with Anet (de Villiers), Lucia, Mark, Derek, Alan, Bettina, Tony, Monique and others whose names I've forgotten (here Mark and Anet could help me out, or Bram would remember). It was a BIG household as in those days everyone shared rooms

including my youngest son and I while the other two boys shared a room next door.

Towards the end of my commitment I had the idea to travel again and visit other Camphills to see how they did things, as well as fulfil my dream of circumnavigating in a sailboat, so off I went to Delrow on a working visit. Botton had invited me too but somehow Delrow drew me and I ended up spending a total of 18 months living and working there. After Delrow sailing took up several years of my life and apart from the Panama canal which I have yet to transit, I pretty much completed a circumnavigation.

Back in Hermanus it seemed like a natural next step to re-join Camphill and luckily there was a need for a house leader in Protea, the independent house. That was in 2010 and 8 years later, now employed and in fact retired having turned 65, here I still am.

So what keeps me in Camphill? The residents of course! They are the nucleus around which the community is formed; they have been and continue to be my teachers and they openheartedly and gladly share their lives with me for which I am truly thankful.

KAREN DIESEL (House Leader) & BRENDA NYAMUKONDIWA (Assistant House Leader)



Karen



Brenda

- Camphill provides an essential service to humanity at large
- Processes in place and being developed – shaping the future as it unfolds & enfolds us
- Residents bring with them gifts that is essential to improve awareness in humanity
- Gifts we experience daily in Labora: acceptance, willingness to assist, a thousand questions weaved into willingness and a need to understand. The chance-takers, who hone diligence and sharpen awareness
- Humour, laughter, enjoying a sunrise or a sunset together.
- Watching birds through the kitchen-windows together with somebody who appreciates their song early in the morning waking us to a new day
- Eating as an alternative family at a table – together – doing chores – together.
- Acceptance of what is and trusting the process of life, the seasons, the rhythms
- Thankfulness for all we are and are not and can become – just GREAT GRATITUDE – when pondering what we sometimes take for granted / think is our right / when we think we alone are right
- Being appreciated, loved and respected
- Fullness of life waking up in this beautiful environment
- H*O*M*E - at gatherings – the feeling of belonging
- A place to grow – we are all a part of...
- Baboons – what to do as we as a species make their necessary territories shrink...



ELIZABETH UYS - House leader, Raphael

Well, where does one start?

August will be a full year since Anne's departure. The residents have settled into their environment and the atmosphere is stable and peaceful. They are comfortable with their routines, tasks and chores and have formed a strong bond which is visible in how they work together as a team. What I appreciate from these special people is the way they come up for each other and support each other. There is a special bond between them that comes from living on the farm for many years – and now living in Raphael together.

The most awesome discovery for me, is of each and every individual's unique personality. To serve and work with special needs people opens a whole new world to one. Your patience

grows, especially with autism present, short term memory loss and different obsessions. Even if you can build up on your knowledge of this, the experience does not come from a handbook. It is the most rewarding service to mankind - who does not have the ability to 'thank you' for being there and just loving them for who they are. They have more to give in their sincere way than one can ever receive.

This special house, in many ways, is a truly blessed house, we laugh a lot. Lizzy cannot handle silence and is always talking or acting her way through at the dining room table. David, with his lovely sense of humour enjoys her and calls her 'gorgeous'.

I cannot thank God enough for what a year of growth it was for me! I would never have thought what an amazing journey this would have been.

MADY PRETORIUS - House leader, Pollux

I feel very privileged to be here. For me my residents is the most important. I have been here for 9 years. When Giel, my husband and the facilities manager, joined Camphill, I initially volunteered in the Craft workshop. When the Pollux house leader left, the residents asked me to be their house leader. I am very happy to be part of our home. There has been many ups and downs, but the joy one experiences with the residents makes up for all the challenges.

I help Giel as "secretary" for facilities and through the years I have done a lot of catering for Camphill. I have run Women's Groups and Giel and I, with one or two volunteers have taken Residents on Residents Holiday on numerous occasions. This has been super fun. Watching the residents happy faces was tremendously rewarding.





JOHN THEBUS - House leader, Cinnabar

John brought Hendrik Horn to Camphill and thus came to know us a bit and when

Frank left he was asked to take on Cinnabar – not an easy task after 7 years of Frank, but he pulled it off! He is much loved by his residents.

John has accompanied the Self-advocates for years. New Year's Eve were also hosted by him at Cinnabar on numerous occasions, with great fun had by all. He has also been doing dancing with the residents for 6 years. Agnes who during this time has only rocked, has now put out her hands to be twirled – a huge break through!

SANDRA NAUDE - Roving House Leader

I arrived at Camphill Farm Community Hermanus to begin my work with and in this community on the 11th March 2018. It has been almost six months of adventure, wonderfully serendipitous experiences and a truly fulfilling time. I am home.

My job description as Roving House Leader has seen me work in five, almost six, of the seven houses in our Village. It has been a joyous time of getting to know each member of our community more intimately in the daily life of the Village, on outings, as well as on a one to one basis in the therapies that I provide for everyone when I am not otherwise engaged in the houses.



I am home: there are study groups, village activities on a daily basis, a rich cultural life celebrating the seasons through the year, ongoing learning through the pleasure of daily life and what it means to live in community and to celebrate all of life, services in which I participate every Sunday, visits from our Christian Community priest who is an inspiring and great motivational force. Every person involved in every facet and area of life in this community is a constant source of inspiration and learning. I am home!

NICOLE CHIKOMO - Social Worker

I am a young Zimbabwean lady who was born and bred in the capital city of Zimbabwe - Harare. I was born in a family of three as the only daughter and both parents are living and working in Zimbabwe. I will be an aunty of two before the year 2018 ends - exciting! As a young girl I enjoyed babysitting especially in my



neighbourhood and at church. I learnt to live away from home at a young age as I attended high school in a different city as a border learner with several other young girls as it was a girls only Catholic school. My love for people and the decision to become a Social worker came during my gap year when I worked at a local big fast food outlet as a cashier and I got to meet a lot of people. The way I related and engaged with them resulted in making the final decision to work with people. I then moved to Pretoria for college at the University of Pretoria and studied a Bachelor of Social Work, it took me four years to complete my degree. During this time, I learnt how to work with people from diverse backgrounds and this included languages, race and ethnic groups - it was an awesome experience.

And ohh.... I am still searching for Mr Right! Maybe Hermanus is the right place!!!!!!

I have been with Camphill for just over a year now, since mid-2017 and it has been more than just amazing. I can say I have benefited more from the community than they have from me. I have learnt, experienced, developed relationships and made memories with a lot of people in the community. Being a Social Worker is a not so easy job. I have integrated well into community life, I have lots of support and I have been welcomed with warm hearts. I enjoy community events such as coffee bars, important festivals, Olympics, house outings among many others. The Ice-cream Friday is

also one of my favourite days like most of the residents. I have an opportunity to meet and interact with the residents while enjoying a scoop of ice-cream.

We have shared bad and happy days and it is amazing to see how the community including the residents stand together, remain resilient and support each other through the hardships. One important aspect of Camphill Hermanus that I have noticed is how once a person joins the community, despite their role one becomes part of the big family.

Becoming part of Camphill Farm Community has been one of the best decisions I have made as an individual and as a professional. I have grown, matured and developed in ways that I cannot imagine. Moving down to Hermanus to join the community which has become a family, more than just a job and a part of my life. I'm proud I made the brave move. My Camphill Journey has been one of the most exciting parts of my life as a young woman. With questions like "why did you make such a brave move", "how do you cope with working with people way older than you" I can say I have been more than happy and fulfilled. I have learnt a lot about life, community, living and working with disabilities and above all working with people with different and diverse backgrounds, beliefs, cultures and ethnic groups.

(Sadly, Nicole has since resigned. We wish her all the best for her future.)

VOLUNTEERS

A big thank you to all our wonderful and friendly volunteers of 2017/8 for all your help and hard work. We also thank all the young

volunteers throughout the years – most from Germany, but also from many other countries – for your invaluable contributions throughout



Christmas carol singing



They organised a dress-up party



Katharina, Tomke, Therezia, Sophie, Sophia and Nicole

our 40 years. Without each and every one of you we would not have made it. Some came for a few days or weeks, some came for a year, some stayed longer than planned, but each one brought something for Camphill.

Our volunteers for this past year were: Katharina Kammerer, Sophie Bachmann, Tomke Buschkamp, Sophia Gruber, Theresia Thierfelder and Nicole Gies who stayed for a year. Unfortunately both Carla Meinrenken and Janis Lambertz had to leave earlier due to ill health. They were all from Germany. Helena Lempak, from Brazil, year ran out in January. There were also wonderful people who came for shorter periods, Theresia's mom, Heike, Andreas Fortuin (he was previously here for 2 years), Marie-Luise Bachmann, Lea Breckenfelder, Lena Altenried, Deborah Heidemann and Ralph Homm.

SOPHIA GRUBER

I cannot believe that my year in Camphill is nearly over now. The last 12 months have been amazing.



When I came here I did not know what to expect and how a year as a German volunteer in the Camphill Farm Community Hermanus would look like. I have been working and living in Castor House, with three lovely Residents and my Houseleader. My workshops were the egg-garden and the craft workshop. In the egg-garden I really enjoyed working outside; in

the beautiful environment of the valley, the garden and of course with the Residents. In the craft workshop I could improve my knitting, sewing and craft skills.

Next to the Residents and staff members, our volunteer group was an important part of my life here.

In the past year as a volunteer in Camphill I learned a lot. I learned to live in a community, I learned more about the people who live here, also a lot about myself and much more. It was a great experience and I will not forget this year full of challenges, learning, joy and love.

NICOLE GIESS

One Year of my life I gave to spend it in Camphill. For one year I got the opportunity to be part of the Camphill family. Looking back the time went fast. Although I had some tough experiences, at the end the good memories dominate in my mind.

Living and working in the two houses taught me many different skills. First of all the social aspects.

The interactions with the residents gave me another perspective of myself.

Furthermore I had to get used to be responsible for other human beings and their permanent need to get attention. Trying to be fair in contact with the residents and finding the right distance towards them, was one of the main challenges.

I always tried to find the best way for them, not necessarily the easiest way for me, keyword being SUPPORT.

Moreover I learned to organise a household for about 12 people: preparing and cooking food, washing the laundry, supporting the residents to clean their rooms, as well as the communal rooms.

In the workshops I learned first of all to stick to the daily routine of working. Furthermore I got taught in typical farm skills like milking cows, making yoghurt, butter, and cheese and in general being responsible for the animals as well. The challenge has been to become part of an existing process and to adapt the good habits and to improve the bad ones. Always being aware of the special surrounding with the residents. After all it was my personal priority

and my job to make sure the residents are ok and do their job properly.



Nicole and Katha

KATHARINA KAMMERER (KATHA)

Most of the time the volunteers come for one year to Camphill. In the beginning everything is interesting and new. For sure one must find one's own way to live in a community with so many people, but actually it was very easy to get used to that. In Camphill were many kind hearts who welcomed us and gave us a home.

Working and living with the residents taught us lots of things. Firstly, we all developed cooking and cleaning skills and secondly we were also able to learn something about the social aspect relating to the community life. The residents are always a mirror of ourselves. Are we in a good mood, they are in a good mood and the other way around. I definitely can also say that I got much more patient. It doesn't matter how annoying the residents are sometimes because at the end we love them and we are a family.

Apart from living in the houses we also work with the residents in the workshops. What one

can enjoy most about it is to see the residents developing skills and how proud they are afterwards.

Living in a community means living with many different characters and points of view. In our year we had quite a lot of hard times but at the

end of the day we can say that WE ROCKED IT and we had a lovely year. We didn't only become a part of the Camphill family, we also become our own family. FARM FAMILY 2017/2018. Baie dankie to the whole community for giving us the opportunity to be part of your life!!

NEWBIES

During the past year people left, but new ones came, bringing their own special gifts.



Leroi v Niekerk (farm assistant)



Jackie v Tonder (bookkeeper)



Zandile Jacisa (Administrator)



Theo (gardener – Herbs and Food Garden)



Rowena Bell
(Herbs work manager)



Sandra Naude (roving hl)



Tamara Ngqutsela
(Asst. hl Melissa)



Anita Fisher (Asst. hl Raphael)



Asanda Kholisiwe
(Asst. hl Pollux)

IN MEMORIAM

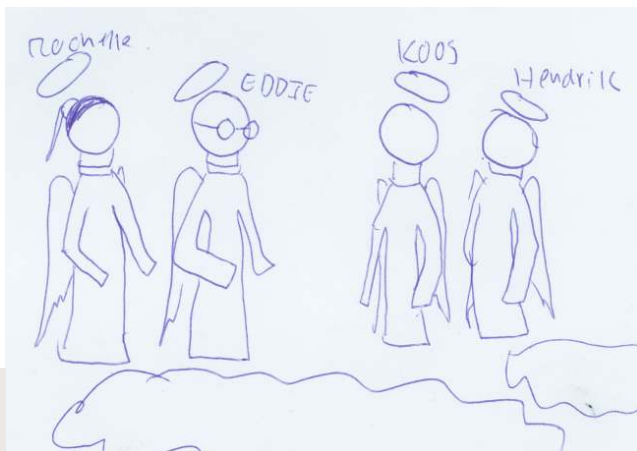
In fond memory of those who have crossed the threshold after many years in Camphill. They all contributed immensely in making Camphill the wonderful place it is.

Residents: Corny du Preez (a heart as big as a house), Trevor Barnes, Tom Hart, Rosemary Hibbs, James Findley, Julia Irsigler, Lucia Theron, Gay vd Westhuizen (never forgot anyone's birthday and took presents), Gertie de Villiers, Koos van Wyk (who never spoke), Hendrik Brink, Garry Elkon, Jonathan Arderne (delivered bread to all the houses – always with a smile), Anton le Roux - all who brought us such joy.



Each and every one made a valuable contribution and live on in our hearts.

Illustration by
Emmanuel Laset (Learner)



Co-workers, staff, friends: Laurence Adler (who started it all), Ingrid Adler, Irma Roehling (who was the heart of our Camphill for 31 years. All in all she spent 66 years of her 92 years in Camphills – Scotland, USA, England, Camphill School Hermanus, Botswana, and then us), Ruth Borchard (lived in OFH with Irma, at first as group home, later for guests, also ran a leather workshop), Andre Smuts (who came as our manager, but sadly died of a heart attack), Stephan Lloyd (Eurythmist and helped with plays), Frances Anderson (who would retire and came back time and again, because we asked her!), Rochelle Theunissen (Lovely lady – full of enthusiasm for Camphill) and Neels vd Merwe (Berna's husband, who, although not actively part of Camphill, played music, with Berna on many occasions. He will always be remembered for his cheerfulness and happy whistle.

*“So long as the memory of certain beloved friends live in my heart,
I shall say that life is good.” – Helen Keller*

FESTIVALS



Halina Rubisz, born in New Zealand and who has worked in many countries and places. She joined us to do training and festivals/plays and later also became the house leader in Labora. Through the years she spent with us she wrote and directed the most amazing plays. The highlight being the Three Kings Play, which involved practically the whole Camphill and was produced twice, with a slightly different cast the second time. A very talented lady and sorely missed.



2017 / 2018



Making Christmas wreaths with Volunteers



Three Wise Men's Play



Nativity play



Ascension walk to the cross



Whitsun



St Johns play – White Flame – with Residents Council

EURYTHMY



Eurythmy Therapy is a movement therapy aimed at addressing illnesses which may have occurred when elements within ourselves are out of balance or illnesses which have developed in our own constitution or body orientation as a person. In particular, the therapy addresses both physiological and psychological disorders or disturbances such as epilepsy, hysteria, cerebral palsy, autistic condition, anxiety disorder, ADD/ADHD, asthma, depression, migraines, allergies, sleeping problems, diabetes, weight problem, etc. In Eurythmy therapy, we make use of gestures and movements accompanied by sounds of speech

or music elements, concentration and coordination exercises, rhythmical exercises, geometrical forms in space, exercises with copper balls and rods. The therapy process is done individually or as a group under the guidance of the therapist. What is unique with Eurythmy therapy is that we are active and responsible for our own healing process because we do the movement exercises ourselves. The actual healers are ourselves and the Eurythmy.

Here at Camphill Farm community, we have a resident Eurythmy therapist who conducts a guided process of individual therapy and group Eurythmy with some of our residents. The individual therapies take place twice a week for half an hour session within seven weeks and a group Eurythmy held once a week for an hour. Around 17 residents are involved in the group Eurythmy and also does presentations of their work during festivals.

Geralyn and Julio Laset

Our life and work within Camphill started in 2006 when we came to South Africa. Our son, Emmanuel, now 19 years old, was only 7 years old then and he grew and developed in an environment of life-sharing and spiritual community which we came to know as Camphill. Geralyn was a Waldorf Kindergarten teacher in the Philippines and so she took on the role of teaching the Camphill Kindergarten from 2006 to 2007 and from 2009 to 2010. Julio was a physician in the Philippines who became the medical officer of Camphill School coordinating the various therapies. In 2008, both of us became House Parents of Phoenix House with 9 residential children including our son.



As we immersed ourselves and deepened our involvement with the healing impulse within Camphill, Geralyn went into Eurythmy training from 2011 to 2015 and graduated as a qualified Eurythmy teacher and therapist and Julio continued to coordinate the school's therapies and

attend to the medical and health needs of the children, as well as becoming involved in the school's management and both the farm and school boards. Geralyn teaches Eurythmy classes and individual therapies to school children and farm residents for the past three years. We are also both active in the spiritual life of both the school and farm communities by taking part in the Sunday services and celebration of Festivals throughout the year.

Geralyn and Luise Boeddinghaus also perform individually and together for the festivals. Plus we regularly have visiting groups who offer beautiful performances for us.



A group of Eurythmists from UK and Cape Town, with Geralyn.

The Kairos School of Eurythmy visits us once a year for a performance by their final year students.



Christiane Wigand – previous Eurythmist. She also directed wonderful plays.

OUR WORKSHOPS through the eyes of Caroline Bradley

There are various workshops:

Craft: Weaving, making mats, pillows, knitting. Some residents choose their own wool colours making squares of each colour to be sewed up into blankets. They can choose to buy or sell them.



Poultry: Garden and hen environment and we do vegetables as well. Each house gets salads and we harvest the eggs for each house. We plant trees and at month end we sell eggs to Green Ways in town. We make compost to put in the boxes in which we do seeding or planting lettuce, carrots, beans, etc.



How it all started!



Stirring prep 500



Andrew & the food garden

There are two complementary spray preparations: 500 "horn-manure" and "cow- manure" mixtures. I learn how to work with BP500 as some of the Farm team set up bricks and lit sticks to make a fire. We took the drums containers with rain and heat it to 40 degrees. It was then mixed with the 500 and cow manure and stirred for an hour, then it was sprayed over the grass to grow better for the cows to eat.

Dairy: residents go and do milking with the leader who's on duty.



Before



After (Solly, Sasha and Brendon)



Betty Lou making butter



Selling ice-cream at the market

They make cheese, yogurt and ice creams which are given out every second Friday. We do peanuts, chocolate chip and lemon ice cream.

Land:



Mucking out the barn



Egon and new calf



Herbs:

We make herb salts, herbs, mix herbs and lavender pillow cases.

Working outside and inside

Gladys Mhango - Craft Workshop leader

As first Introduced to the Camphill movement by a friend Barbara Mbeve MacLean who was working at Camphill School at the time. She spoke highly about her interactions with children with intellectual disabilities. I was motivated by how fondly she spoke of her work and at that time I had prior experiences working with/and caring for the vulnerable in my community. These were young disadvantaged girls, street kids and widows of miners, who had died in previous mine accidents.

She also gave me the websites for the various Camphills and after reading about them on the internet, I specifically chose Camphill Farm Community Hermanus because of the background story and I also preferred working with adults, rather than children.

When I finally came to Camphill, I was privileged to meet Karin Laubscher who became instrumental and my pillar of strength in the course of my overall experiences. I was also overwhelmed with everyone around me and I was especially intrigued by the love and Innocence of the residents. It was an extra ordinary experience and a world that I never thought existed! It was very hard when I started and



everyone around me made things so easy, it's amazing how the residents can actually look into your soul and understand how you're feeling at a particular time no matter how much you try to hide your emotions, be it happiness, sadness, unwell, downcast etc. For example when you are downcast someone would just bring you flowers without saying anything.

Despite being a trained seamstress and teacher, I also learnt various skills on the job - like cheese and yoghurt making, knitting, crochet-ing, among others. In short, Camphill has become my second home.

That's why when I was asked to come back to offer my services, it was easy for me to decide because in care giving I also learnt a lot both in terms of personal growth and skills. I understood that being in Camphill, as emotionally

draining as it can be sometimes, I have a lot to benefit from every one I encounter in our day to day living.

I consider it a blessing to have been given such an opportunity in my life. Without doubt, Camphill will forever hold a special place in my heart. I have found friends and an extended family! Lots of Love.

Marina van Eeden (volunteer in Crafts)

Marina has been coming to Crafts once a week (sometimes more) as a volunteer for 5 years. This year she has already crafted 21 blankets from blocks knitted by residents, to make beautiful blankets. She managed in the past to make something stunning out of Gay's blocks, which had all kinds of shapes and sizes and were full of little bits of wool sticking out. A small miracle!



Yolisa Dudemashe

My life in Camphill. I've experienced a lot, more especially the residents. You must always smile and laugh

and you must have a heart to work with them and listen to what they are saying. It's hard to work with them sometimes. But you must always know how to manage them, talking to them and always make them happy. But most of all I've learned to love one another and forgive and be humble. Working with Gerhard is the best, because he knows what to do each

and every day when he comes to work. But sometimes he's very difficult but that's Gerhard. Making cheese wasn't my first option - what I wanted was being a farmer, but now that I am into cheese making I just fell in love with it and want to learn more about the cheeses and everything that I make in the dairy.

What really makes me happy is that people of this community are depending on us and our products that we make in the dairy. It's what makes me wake up every day and come to work with a smile. It's amazing.

Debi Diamond - My story.... (Poultry workshop)

I spent the year 2009 coming in and out of Camphill Community as I assisted Avice Hindmarch in setting up a poultry system, using Permaculture and Biodynamic farming methods. By the end of that year, I was ready to make the community my new home and "tribe", so I moved lock, stock and barrel from Cape Town.

On my first Saturday morning I was woken by loud banging on my door... an irate farmer!!!

Animals needed to be tended to... every day. (This was the same farmer, who informed me after I had signed up to work with poultry and gardening, that I would have to "manage" 7 pigs!!)

Oh dear, a big jolt into reality for me! This certainly wasn't going to be a Monday to Friday 8-5 job!

I wasn't just going to be a just a gardener I would now embark on a journey of hen and hog farming, do a few stints on management, hold yoga classes for residents, do support



Debi and Nancy

work for the volunteers, arrange Sunday afternoon mountain walks for residents, help draw up policies, get involved in fundraising, become a member of the fire and rescue task team, sell ice-cream, deliver eggs - it goes on and on... this was to be a life-style!

And so began my journey into animal husbandry, gardening with great people, walking with residents as they develop themselves, observing the land flourish and produce, applying the BD preps, it really is an honour for me to be spending my 9th year in Camphill Community.

Bruce Fraser - Volunteer in Poultry workshop

Bruce has been helping in the Poultry from the middle of the year, working closely with the residents and being of great help to Debi. He has a great rapport with the residents.



Roy, Bruce, Ralph and Andrew in Poultry

"Alone we can do so little, together we can do so much."

- Helen Keller

Duncan Clews - Camphill Changes Lives



When I arrived at Camphill almost seven years ago, I had very little knowledge of the many ways in which my life would change in the intervening years until now.

Most special was entering a community where human life matters, and where we all stand a little taller because of the others around us. This has been my most endearing experience of Camphill – the warmth, the immediacy, the flowers on your doorstep when you don't feel well, the hugs and joy when you return from leave. Thank you to everyone in this beautiful community!

I have been privileged to have worked on the farm, both helping to care for the cattle and pastures, as well as developing our beekeeping operation, and devising plans to clear invasive plants from the property. In all of these endeavours residents have played a central

role, and I would like to thank Catherine Potton for her love and care for all the animals; Egon Bonthuys and Brendon Minnaar for their daily help with a huge assortment of farm tasks; Gerhard Rudolph for his tireless energy in clearing and cleaning; and Alastair Smith for his deep passion for bees.

While we live our lives here in our beautiful valley, many like-minded people elsewhere in this country and around the world share our vision, and have provided indispensable support for our endeavours. Thanks to the Biodynamic Agricultural Association of Southern Africa (BDAASA) for initiating a local programme to train biodynamic farmers, as well as for their support in allowing me to attend the Agriculture Conference at the Goetheanum in Dornach, Switzerland in 2014. Thanks to the National Lottery for funding, to our partner organisation, Freunde der Erziehungskunst Rudolf Steiner for the wonderful young German volunteers they send us each year, and on a personal note to Debi, and the members of our weekly anthroposophical reading group.

BEE WORKSHOP

Bees are in peril right around the world, and we at Camphill are very proud to be doing our bit to preserve these incredible little creatures. In return, the bees are working very hard for us too and we were very pleased to harvest about 450kg of delicious honey this year.

The workshop provides a gainful and interesting outlet for several residents who are passionate about this aspect of farming. Alastair Smith provides indispensable support pre-



paring hives and frames, Brendon Minnaar helps in the apiary site itself, while Egon Bonthuys provides general support. Many other residents have a great fascination for

bees, and this forms the basis for many engrossing conversations.

Apart from its delicious taste, pure farm honey is a health food that provides a wealth of benefits, especially for older people. It provides a natural resistance to pollen allergies, strengthens the ego organisation of older

people, and is full of life forces. It also has a high monetary value.

Through their unceasing labours, bees also pollinate many of our most important plants like the clovers, other legumes and fruit trees. In so doing, they play a vital role in our dairy, and wider farming operation.

Giel Pretorius - Facilities Manager



Every day of my life in Camphill is a surprise. I love Camphill. I see the residents as being people who needs help, like all of us do. I would happily relive my 9 years in Camphill and will not change a thing. Even the challenges brought insight. I was extremely proud when a representative of the Dept. of Health said it was clear that we cared for our people and was not a dumping ground.

I also have a wonderful team – George Louw (with the Estate team makes sure that our grounds are neat and tidy, fixes our roads and who looks after our water, among many other tasks) and Michael Janjies (our painter, but he helps with everything) and our residents, Duncan Badnall and Mark Meyer. Fihla Ndakutini looks after the Estate team, Richard Berrington, Derrick Farnworth, Michael Rex and at times Emmanuel Laset.

In the past 10 years or so quite a lot happened on the facilities front: Fencing of the pastures, the sewerage was upgraded, Labora was extended, Labora's roof was redone, all the roofs and walls of all our group homes were painted, Aloe was built, we upgraded and received a certificate of compliance for our electricity, the office got a toilet, the dairy was upgraded, alarm systems were put into all our houses, Weidehof was upgraded and became Raphael and 5 of our houses received new aluminium windows and doors. This is beside the daily maintenance work that needs doing.



Duncan



Fihla



Michael

"We shape our buildings; thereafter they shape us."

- Winston Churchill

HAVING FUN



Dec 2017 street collection – residents and volunteers



Robyn Rose having a blast



Luzette and Lizzy



Dancing with John



Chetna and the potato race



Egon and Brendon break dancing



Fancy dress



Pollux having a braai



Labora looking into the new year



Picnic next to Labora



Cross-dress soccer



Coffee Bar



John and Betty Lou



Seeing in the new year



New Year's Eve braai at Cinnabar



Party time – Robyn and Ralph

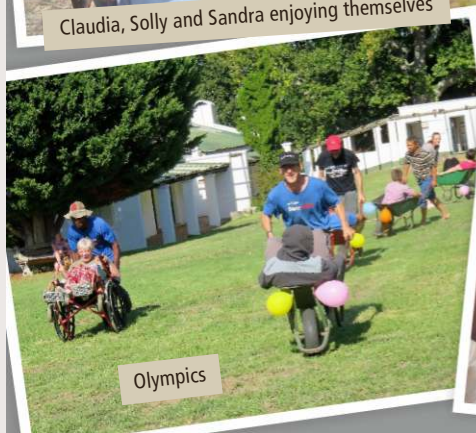
Lyndsay's 50th birthday bash



Claudia, Solly and Sandra enjoying themselves



Olympics with Overstrand Wheelchair Association



Olympics



Gladys, Yolisa and Phozisa

A BLAST FROM THE PAST



Yvonne Mego

40 years ago, in 1978, the Camphill Farm Community was established in the Hemel en Aarde Valley in Hermanus by Lawrence Adler and his colleagues from the Camphill School. With the help of many friends, both local and from abroad, it soon grew into a small village community, accommodating adult residents with special needs.

The residents and co-workers (initially most of them long term volunteers from overseas) lived and worked together in family units in a few village houses, and worked the land. Soon other workshops were added, more houses built, and gardens laid out, to accommodate the increasing number of residents. A small dairy farm was established. Eventually, with the help of other Camphill Communities overseas as well as many donors, a Village Hall and a Health- and Therapy Center could be added.

Over the years, as the Community adjusted to life in South Africa in the 21st century, the long-term volunteers from overseas were gradually replaced by employed staff members from Hermanus. The focus of our work and home-life is also slightly moving away from just giving care to our residents, and is now directed more towards assisting and empowering them. We still welcome young people as short term volunteers every year, many of them from Germany.

Our Hemel-en-Aarde valley, with the Onrus River flowing through it, is a truly beautiful place. From the beginning of the 19th century, when it housed a large Leper colony, to today, where good wine and agricultural goods grow, where the Fynbos flourishes and baboons visit, and where Camphill has found a home, it is a place like no other in the world.

I wish Camphill and its residents and co-workers much success for their next 40 years of work!

Yvonne came to Camphill School as a young volunteer from Switzerland. Went away, married, had kids and came back to the Farm in 2000, first as house leader, then Admin, and all along also on our Board as well as the Camphill School Board. She has been a rock for all in Camphill through the years. Thank you Yvonne!

Frank Spieker

When I came to Hermanus, I was still a boy. Eager for adventures and to create something together with others...I came to a Community that was on the one hand stable and traditional but also somewhat struggling with social differences and approaches.





A young Frank dancing with Tom

I lived in Weidehof first. A few months after my arrival I felt at home and as happy as I could be. It is this special feeling that fulfills you when you found your inner core, your calling. I found mine in Hermanus!!! Especially when I took on Cinnabar against some odds within the Community...

The life and work with the Residents in particular, made me whole and rich in my heart. I learned so much about myself, encountering the other sides in me. Lessons for life and friendships that still last today!! The professional and social struggles as well as the deep friendships with my colleagues formed my attitude and made me to the person I am now.

The many responsibilities during my 8 years in Camphill formed my professional background and are still today the foundation from which I can perform.

Thanks for the trust!!!

The little private time was so much appreciated and I can still now not determine where all the energy came from to do so much in so little time... That also had an influence lasting until now. I learned to spend time with myself.

CFC went through many phases during my time. They all reflected the assortment of people coming together at a certain point.

I left CFC to continue to learn and to spread my wings. With 32 it was time to look ahead again for new encounters and adventures, but I also left because of one thing I had not managed to obtain... Patience.

I felt impatient about developments, attitudes and approaches, most of whom I thought I know best. A little arrogance was swinging there and was whispering in my ear. Mostly for the good though and so I left with a sore heart and a tear in the eye because of all the love that was given to me which I would leave behind now!!

I left as a man so full of encounters... rich enough to make me visit you regularly.

I am still not patient and I tap into my old traps but now I can do that with a conscious mind mostly...

So CFC....Happy 40th Anniversary!!!!

Thanks for all you do for the Residents, the Staff, the Volunteers, the animals, the land, the elemental beings and the spirit of mankind!

And for all you did and still do for me.

I finish with a Steiner Quote that fits to the quality of Camphill:

"The things enacted on earth through love, friendship and the intimate understanding of another, these are the building stones of temples being erected in the regions of the spirit. For those convinced of this truth it should be an uplifting feeling to know that the ties binding soul to soul are the basis for eternal being." - Rudolf Steiner



Camphill in 1969



Same view, different angle 2011



Cloister (Camphill School) at back.
Front is old Vegie garden where hall is currently



Camphill from the air

Looking back on my time in Hermanus – Johanna Wolfram

I enjoy thinking back to my time in Africa at Camphill Farm Community Hermanus. I spent the whole year of 2005 at Weidehof, supporting Yvonne. I celebrated two times Christmas there - when I arrived, and again just before I left. A special experience for a North-European. The highlights of my time there were the festivals. Easter, Ascension, Whitsun, St. John (in the dark), Michaelmas, and especially Christmas.

The work with the people in Weidehof - Tom Hart, Gertie de Villiers, Gary Elkon, Rosemarie Hibbs, William Miller, Peter Eager, Elisabeth Rabe, Anton le Roux, Hendrik Horn, Gay van der Westhuizen - was very rewarding for me. We spent many beautiful hours together playing

games in the evenings, visiting Hermanus and its surroundings, and also in our daily living together in Weidehof House. The highlights of our week were the Bible Evenings on Saturday, and the Church Service on Sunday.



Weidehof and Castor having lunch in 2005



Laurence mowing the lawn at Weidehof

During the day I was able to offer Therapies such as Rhythmic Massage and Cranio Sacral Therapy to the whole Community. Through this I was able to get to know and love all the other residents as well.

Later, in 2007, 2011 and 2015 I visited Camphill

Farm Community again for shorter periods and was always delighted to see how many of our people came to the Therapies again.

I wish that every young person could enjoy a year of Camphill Experience in Hermanus. With kind greetings from Germany.

Johanna is a qualified and experienced nursing sister and social therapist from Germany with life long experience of work in various anthroposophical communities there. She joined us in Weidehof (now Raphael) for a year, which was our first attempt at running a house for people who need a different routine and slightly higher level of care.

Joan Harris

Joan joined us for 3 weeks over October 2011 and again approximately 4 weeks over August 2012. She brought music and folk dancing to the residents and the community. We appreciated Joan's gentle and giving spirit and were very sad each time she left. In her own words:



Michael Lauppe gave me the idea of using sticks for rhythm play, & Christoph Reppel's lyres were lovely to use with the hand chimes and bells. I remember staying

with Irma, such a strong woman with so many stories to share of her long and eventful and giving life. And I was cared for so generously when I came down sick for a few days - Irma making sure I had herbal remedies. I loved the smells and friendliness of the herb workshop, and playing duets with Christoph. I even did a eurythmy duet with the eurythmist there. Christoph and Elizabeth's improvising music for the services was always beautiful and impressive, as was Christoph's compositions

for the evening orchestra and the residents' playing. I liked the Saturday Bible/Festive evening in Castor house followed by painting. The therapy building is beautiful with a peaceful atmosphere - and so much good work going on it in. I remember leading some folk dances in the hall. The houses are distinctive inside in décor, and I liked looking in each kitchen and meeting the staff. The paper workshop with the possibility of people ordering a card to suit the occasion was something I had hoped we could do here (but haven't yet!). I remember playing in the tent at the Whale Festival and watching some of Elizabeth's students perform their puppet stories. I remember the termite mounds by the roadside and the different flowers and birds there compared to England, the coral tree in the schoolyard. The busy bakery and

dairy making cheeses to sell in the popular market. Halina, Karin, Frances, Hilda, John and Elma - each with stories and life experiences to share. Karin took me to the sea several times, mist-strewn racing, rolling waves.

It was good to experience that life goes on there with culture and enthusiasm. Although the recent riots are a reminder that you do live more on an edge than we experience in our Camphill anyway.

Hilda Hechter - memories, dreams and experiences (Herb work manager, retired)



"I dreamt that Life was Joy. I awoke and saw that it was Service. Then I discovered that Service was Joy!"
(Rabindranath Tagore)

I arrived at Camphill Farm Community just more than 16 years ago, under the illusion that I possessed sufficient knowledge for my future as part of this community. Little did I realise then how greatly I was mistaken. It was a landing amongst a community of intellectually disabled adult residents who I was about to get to know as some of my greatest teachers.

I answered a small advertisement in the magazine "Namaste" for an Herb gardener. I plunged into the deep end. Surprised when my application was approved (I was the only applicant!!) I quickly learnt that Camphill Community was all about our residents - caring for their needs in the group homes and providing meaningful work in the workshops. I was greatly blessed and encouraged by several role models. In the garden itself (of which not much existed at that time), I was blessed by the presence of a German volunteer, Inga Carriere, a qualified architect and greatly talented artist. She supported me greatly in re-organising the Herb Workshop, while I could fully attend to the garden itself in an effort to upgrade it to a condition from which it will once again be able

to produce what we desired from it, which included culinary herbs and mainly medicinal herbs.

Not long after my arrival I was called upon to stand in as house leader, after previous leaders left. This caused me some anxiety as I was a gardener, and never quite efficient as a cook. Once more a blessing arrived to support me, this time in the person of Jane Gibson, who was the cook in Melissa house at the time. What a gratifying experience it was to have her as a support!! Later, when Francis Anderson left, I was approached to lead Labora house.

Meanwhile I was on a steep learning curve, learning daily about Camphill and our residents = their different personalities and needs as well as the different challenges they have to deal with in their own personal lives.

Eventually I realised that I will have to choose between a commitment to help as a house leader and running the Herb garden. I progressively became under more and more pressure from both areas and in danger of neglecting both. Then Elma arrived as a volunteer in Labora and the possibility arrived for me to step out.

At that time Ruth, who lived with Irma, ended her Leather workshop, which residents enjoyed for many years. This small room where this

workshop was run was a donation from Ruth's uncle after the previous building lost its roof in one of the many gale force storms that torture the Hemel-and-Aarde Valley regularly. A great blessing was afforded to me when Ruth and Irma handed me the key: "It is yours". After a new coat of paint, a newly tiled floor and the addition of a toilet and shower, I was ready to

focus my totally dedicated commitment to the Herb Garden, as well as a few other ventures I volunteered for in the course of several years.

The latest highlight arrived on this path directly from heaven, when Rowena Bell arrived to take over the Garden after my retirement on 30 April 2018.

The good news is that Hilda remains living with us and continues to organise and carry out the Provincial library books for our residents. Plus she has taken on the tuckshop. Along with the herb workshop Hilda was also in charge of our fleet cars.

Elizabeth and Christoph Reppel

We have both loved being at Camphill - this is why we kept on returning for longer and longer stays since Christoph retired 11 years ago. Christoph found it fulfilling to teach the residents to perform live music together which was free of any kind of technology and they always responded with enthusiasm. They were like our enlarged family and we both miss them very much, also all our friends among the staff. He was more active than I was over the years as my focus was mainly puppetry in the township, but during our last 3 years when others took that over, I found fulfilment being a service holder and helping with festivals and contributing to the study groups. This spiritual-cultural aspect of community is in danger of fading into the background as priority is given to economic necessity, which is happening to Camphill communities all over the world. It



Elizabeth, Bruce, Christoph

would be wonderful if the spirit out of which the founders worked could be upheld and developed in a new way. I believe this is happening with the bio-dynamic farming because of the dedication and enthusiasm of the farming and gardening staff in spite of very heavy workloads and lack of money.

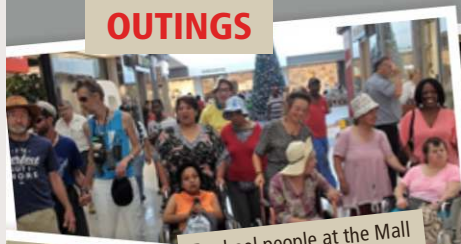
So we send our very best wishes to you all in this beautiful and special place between heaven and earth, where nature is so inspiring. May your light continue to shine out into Hermanus and all the surrounding areas.



***"Joy is the simplest form of gratitude."
- Karl Barth***

Yvonne, Luzette, Doni, Amelia, Frank & Elma

OUTINGS



Raphael people at the Mall

Labora at Vergelegen for 'Candles by candlelight'



'Artsability' concert at the Baxter



Penguins!



Sports day



On top of Table Mountain



Castor picnic in the wind

The whole community set off to watch 'Mamma Mia 'Here we go again'. Huge fun!



Raphael people on the beach

DONATIONS
(April 2017 - March 2018)

Donor	Amount
DONATIONS - GENERAL:	
Berna van der Merwe	4 760
D'Halluin	20 000
ER Tonnesen Trust	73 000
Fuchs Foundation	10 000
JW Huddleston	20 000
Gray Trust	40 000
Mathers Trust	30 000
M Badnall	20 000
My School	6 612
National Lotteries Commission	555 000
Other	26 472
Overstrand Municipality	18 000
R Potton	66 187
Roy Polonski Trust	50 000
TH Whitaker	3 600
A Ferreira (Tokara)	50 000
Sub-Total - Donations General:	993 631
OTHER FINANCIAL SUPPORT:	
Association of Camphill Communities (UK & Ireland)	360 000
Sub-Total - Other Financial Support:	360 000
DONATIONS - GRAND TOTAL:	1 353 631

There have also been many donations in kind given to our Community throughout the year, too numerous to mention individually. Thanks to you all for your wonderful generosity and support of our Community.

CONTACT US

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NPO Number: 003-322 | PBO Number: 18/11/13/4249

NPC Registration Number: 1978/003803/08

Bank: First National Bank | Branch Code: 200412

Account Name: Camphill Farm Community Hermanus

Account Number: 5247 070 1065 | Account Type: Cheque Account

Swift/IBAN: FIRNZAJJ



"Knowing trees, I understand the meaning of patience.

Knowing grass, I can appreciate persistence."

- Hal Borland

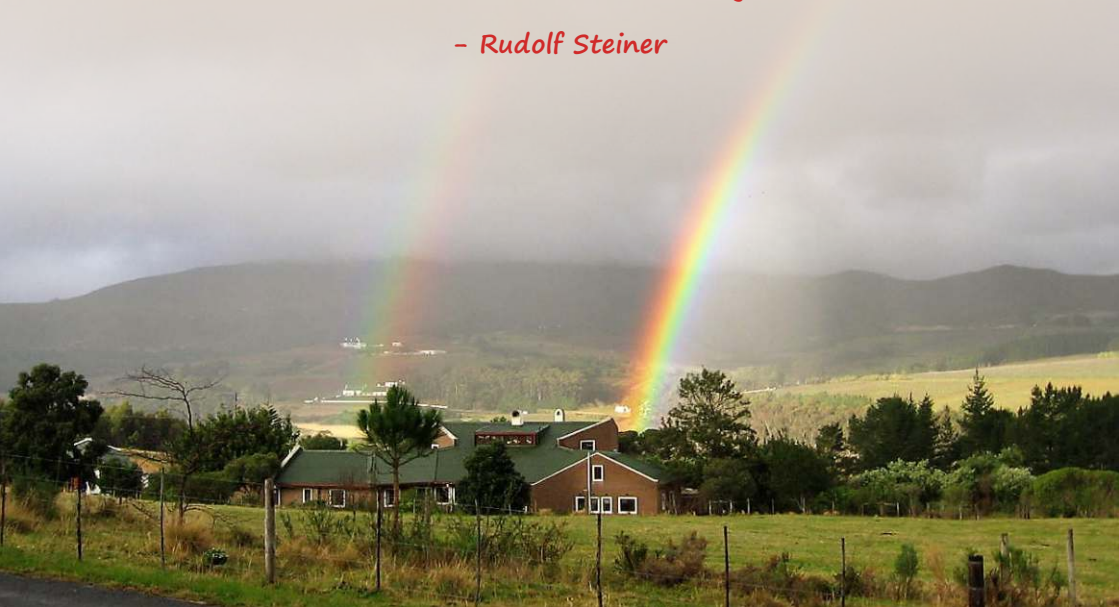


Camphill Farm Community Hermanus

Quality of life for adults with intellectual disabilities

“For human morality on earth depends upon the interest one person takes in another, upon the capability to see into the other person. Those who have the gift of understanding other human beings will receive from this understanding the impulse for a social life imbued with true morality.”

- Rudolf Steiner



*We dedicate this booklet to our lovely,
hard-working and joy-bringing residents.
Without you there would be no Camphill.*