



Camphill Farm Community Hermanus

Quality of life for adults with intellectual disabilities



ANNUAL REPORT 2020



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Hermanus

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WHO WE ARE

Camphill Farm Community Hermanus has provided residential care and supported work for adults with intellectual disabilities since 1978. This rural Community is currently home to 53 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. 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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CHAIRMAN'S REPORT By Ray Potton (Chairman)



The past year has been a trying one for the residents and staff of Camphill.

We had just recovered from the effects of the devastating fire that had swept through the Camphill Campus in January last year. Although the experts warned that there were still hot-spots in the river bed where fires could still potentially cause problems, we were over the worst. Our neighbouring Camphill School had re-opened and Camphill was settling down to the normal rhythm of Community life.

The fire had brought out the best in the greater Hermanus spirit and a large number of people had contributed to the recovery of the Community.

We also welcomed a new batch of short-term volunteers after saying goodbye to the group who had finished their term. The new volunteers proved to be a cheerful addition to the staffing complement and fitted in wonderfully. Although their stay was relatively short due to the COVID-19 Virus and their repatriation to Germany, we were greatly buoyed by their presence.

The whole Community was involved in some or other way with the preparation for the Camphill Dialogue Conference 2020 that Camphill Hermanus was hosting from 16-20 March 2020.

This conference is hosted every 3 years by a different Camphill region and is attended by the Boards of Camphill Communities from all over the world. The conference

gives Communities the opportunity to enter into dialogue with and to learn from each other.

The conference gave us, as the hosts, the opportunity to undertake much needed and long overdue maintenance and upgrades to the Camphill Campus.

Among the major works undertaken was the upgrade to the entrance of the farm and school, the refurbishing of the Community hall which included the installation of a state of the art overhead projector that would enable, amongst other events, the residents to have movie nights in the hall! The projector and the upgrades would also enable us to hire out the hall to other groups; thereby giving us the opportunity to earn additional revenue.

We also improved the lighting around the hall as well as all the paving of the paths which had become degraded over the years.

Most of the financing for the upgrades was thanks to funds supplied by the Camphills from overseas (coordinated by the Association of Camphill Communities (UK and Ireland)) and has resulted in a lasting legacy.

We had over 70 confirmed delegates and everything was in place for a highly successful conference.

The day before the conference was due to start, South Africa learned that we were going into lockdown because of COVID-19. All our foreign guests hurriedly booked flights

out of South Africa to avoid being forced to stay in the country.

We had an opening ceremony and then closed the conference. The remaining guests joined us for what was supposed to be the closing dinner; but four days early.

We were fortunate that we were able to cancel some of the pre-bookings we had arranged for busses etc. and thereby recover some of the expenses we had incurred.

Camphill itself immediately went into lockdown. Some residents chose to go home, but the majority stayed on Campus. The staff have been wonderful and have taken great care of everybody.

We are eternally grateful to the management and staff who have worked so selflessly to ensure the safety of the residents. They have also managed to keep the residents safely busy in their workshops as well as in the houses.

Management have also kept the relatives of residents informed about the welfare of their loved ones.

At the time of writing this report we have had no incidents of illness due to the virus.

We have no idea how long the virus will be around and what the future will be like in the Age of Corona - only time will tell. We will however work hard to ensure that Camphill continues to care for the residents and offer a safe home.

I would like to thank my fellow board members for their support over the last year and look forward to their continued support.

A special thank you to Geoffrey Weir for all his support and assistance with organising the conference.

The following pages will provide you with much insight as to life in the Community.

BOARD MEMBERS

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



FROM THE EXECUTIVE MANAGER'S DESK

By Sam Hodson

In last year's annual report I separated Camphill life in two: that which was before and that which was after 'The Fire' on 11 January.

Who could have predicted yet another watershed moment this year, but this time affecting the entire planet! Perhaps such cataclysmic (defining?) moments are the new normal and we need to consider and plan around the 'what-ifs' a little more intently. Yet

at the same time, living in fear would be totally the wrong way to live. Perhaps living in the moment is a better option – or maybe planning as if something was going to happen tomorrow, yet living as if it will only occur many years hence...

As I write this, the worldwide Camphill Movement turns 80 this year, a truly phenomenal testament of endurance, adaptability and mostly a great love for the marginalised and for Community living! Our own Farm Community is 42 years old this year and although a pat on the back might be in order, we can absolutely not rest on our laurels. The world and its systems are changing at an increasingly fast pace and we need to be constantly alert to opportunities and threats.

The fire in January last year might be starting to recede in our minds, but is definitely not forgotten. The subsurface peat fire that continued to burn in the Onrus river bed until well into the second half of the year was a constant reminder. However, the (still ongoing) rehabilitation of the affected area has so far turned out to be a huge success story. Thanks particularly to Liezl de Villiers of the Overstrand Municipality who has been heavily involved with coordinating the initial rehabilitation efforts, especially getting all the relevant role-players from different spheres of government to work together. There are numerous other role-players that have been and are still involved – too many to mention – and our great thanks go to you as well. With Camphill School, we held a very moving thanksgiving service on 12 September (led by Rev Ken Jackson, a parent) for those who helped us during the fire.

The final rehabilitation steps have been somewhat delayed by COVID-19, but we are

confident that these will start up again once it is safe enough to do so.

So, onto COVID-19 – or 'Iris the Virus' as it has become known amongst various members of our Community...

A chain and padlock was put on our entrance gate when lockdown came into being – in late March – and a 6-member task team was formed to guide the Community through the uncharted waters. At this stage I'd like to thank each member of this team for their tireless efforts in doing everything possible to protect Camphill from this unseen and deadly virus.

Right from the beginning we took the decision to treat the Community as 'one big house', which enabled residents, staff and volunteers alike to at least move around a little outdoors. Workshops were curtailed to just a few hours each morning to represent a modicum of normality and, early on, a wellness programme for the afternoons was introduced (e.g. dance, yoga, story-telling, creativity hour, mindfulness walks). This revised daily programme, together with lots of fresh air and movement, has continued on throughout lockdown and has been hugely beneficial to the wellbeing of all.



Only eight residents (out of 52) chose to stay with their families during the earlier stages of lockdown. All but one of them have now returned and it is wonderful to be almost a

full house again. Although uncomfortable at times, the stringent approach we have adopted has paid dividends so far. Our screening process is strict, but family members and staff have generally been very understanding of the restrictions and protocols in place. It has also been very interesting to see how quickly the residents and staff have adapted to following the basic hygiene protocols (masks, distancing, hand-washing/sanitisation). With few exceptions, the residents in particular have been proud wearers of either masks or shields!

While we have been able so far to retain and pay all our staff, we have unfortunately and understandably had some casualties on the way with some staff members resigning as they have been unable to cope with being confined during lockdown. Our young Freunde volunteers were sadly also required to repatriate to Germany after Easter and their youthful energy and spirit is definitely missed. At the time of writing, the future of the overseas volunteer programme is uncertain.



There are too many people to thank individually in regard to COVID-19, but I would like to make a special mention of the Department of Social Development for their ongoing support, as well as Dr. Tilla Müller, a local GP and longstanding supporter and friend of both Hermanus Camphills, for always being available to answer our medical (and other) ques-

tions. And my especial thanks to all my colleagues who have stuck it out through this turbulent time! You already work in challenging conditions and now have had an unknown virus to contend with! You have all gone way beyond your job descriptions and consistently helped out wherever the need has been, often volunteering when off duty. THANK YOU!

I'd like to take this opportunity to also thank our sister Community, Camphill School Hermanus, for the partnership that has been formed between the two Communities and how this has been a source of strength to us. The School has had to face huge challenges during this pandemic and our thoughts and prayers go out to them at this difficult time.

One of Camphill's other hallmarks is the regular meeting of Camphills from around the world. While this has up until now been meeting in person, COVID-19 has resulted in the annual Movement Group Meeting taking place online (in May this year). The main casualty was the three-yearly Camphill Dialogue Conference, due to be a five-day conference in Hermanus, with Camphill representatives from all round the world coming to our Community. The South African lockdown was announced the night before the start of the conference, resulting in the conference opening and closing on the same morning. While a disappointment in some respects, still some wonderful connections were made between delegates (those that were still in South Africa), as well as the opportunity to hear Christo Brand (Nelson Mandela's warden on Robben Island and at Pollsmoor Prison) share how the values instilled in him by his father and the values he saw in operation in Mr Mandela had changed his life.

The theme of this year's conference was *Camphill Values today and your Community*. The board and the management team revisited the Community's values before the conference and these have now been re-introduced to all members of staff and residents to explore and live out.

Life despite the virus

Despite the interruptions and inconveniences caused by this unique pandemic, life has carried on at Camphill, albeit a little differently.

The residents continue to be the lifeblood and life lessons of our Community! They have restructured their representative committee and continue to meet with the management team once a month and with the board at each board meeting.

Camphill was built on Community and one of the underpinning pillars has been the celebration of the Camphill festivals. These festivals greatly assist in strengthening the Community spirit and are a significant part of what makes a Camphill. Our mindfulness times (at meetings, walks) have also contributed to building our Community as a cohesive whole.



Our new social worker, Sally Titlestad, has introduced an effective resilience group every Friday for the residents. The various therapies, both formal and informal, have been adversely affected by the Coronavirus

precautions, but some have continued, albeit in slightly different guises. The residents still continue to enjoy orchestra practice, eurythmy, dance, art therapy and, of course, the afternoon Wellness Programme.

Before lockdown, various residents (primarily those who don't have family or whose family live too far away) enjoyed a wonderful holiday in Betty's Bay in February. Self-advocates was always inspiring and insightful (although it sadly concluded at the end of 2019). Also, residents were able to go on planned outings (including visiting a local horse farm and the Youth Café/RDP Centre in Zwelihle in Hermanus).

The Farm continues to both provide meaningful work for the majority of the residents, as well as produce for the Community. The farm is the one area that constantly reminds us that we had a bush fire last year: the barn is yet to be reconstructed and, at the time of writing, the bee hives are only now being rebuilt (the bees are back!). The farm has been in a holding capacity since lockdown, especially as some of the farm staff were required to stay at home during the initial stages. Fortunately everyone is now back and a sense of normality has returned. The herd is in good condition and provided a number of offspring recently. The invasive plants in the pastures and on the mountainside continue to challenge our resources, as well as the baboons that we share our space with. While this winter is proving to be slightly wetter than the last, there is no doubt that the region is dryer year-on-year and we accordingly are required to be more decisive about our water conservation and management.

Training of our staff has remained a focus point throughout the period (induction times,

first-aid, proper lifting of residents and so on) and our thanks goes to our social workers (Brooke, who left in November, and now Sally) for their social care training, as well as the [Western Cape Forum for Intellectual Disability](#). Their online webinars throughout COVID have been particularly informative. A recent and overdue emphasis has been on care for the carers, although it has become quite clear that the best assistance can only really be given by someone who has been through the specific challenges that our care staff face. This is an ongoing programme which has also highlighted the importance and benefit of creating 'sanctuary' or private spaces for staff who live on site. Currently, some have and some don't.

I'd also like to take this opportunity to make mention of and thank the [Friends of Camphill Hermanus](#) and in particular their committee, chaired by Patrick MacPhail. While some of their plans for supporting us have been put on 'COVID' hold, they continue to provide much encouragement and support where they are able. Prior to lockdown (November and January) they had created a presence at the local (and very popular) Hermanus market, which created much awareness of our Community, as well as some fundraising.

Finally, there is, as always – and thankfully (!) – a myriad of people and organisations to thank and, as always, too numerous to mention. However, I'd like to especially thank Karin Laubscher (staff member), one of the 'old school' who has been such an involved and hard-working member of the Community for many years, across all facets of the organisation. She will be leaving us in August and our heartfelt thanks go out to her as she sets out on her next voyage.

Thank you too to the [Association of Camphill Communities \(UK and Ireland\)](#) – and Geoffrey Weir in particular – for their (and his) ongoing support of our Community. In addition to much-needed financial support (including a 16-seater bus for the two Hermanus Communities), they – and he – provide so much more: time (lots of it!), wisdom, experience, policies, encouragement and the like.

Thank you too to the board members for your commitment to this Community, not only this year, but for some time now and especially through these recent challenging times.

And finally to my colleagues on management. We have truly gelled as a team and it is a pleasure to have such wonderful, committed and dependable colleagues to work alongside!

Here's an updated mantra that I ended with in our last annual report. May it remind us all that life can be uncomplicated:

- **Love God**
- **Love Yourself**
- **Love Others; and**
- **Love the Environment**



FUNDRAISING & Public Relations By Michelle Van Zyl



It has been an absolute privilege being part of the Camphill Farm Community Hermanus for the past year. At the heart of the Community are the residents and the very reason why we are here, striving to provide quality support and care to these brilliant individuals by offering them a dignified and meaningful life. As our Executive Manager, Sam Hodson, once said, "Lest we forget, we are a 365 days-per-year Community - we never close."



This past year had been an extremely active year. We just started gathering momentum recovering from the fires of 2019 to now finding ourselves facing a world-wide pandemic. Sadly and very disappointingly, due to this we had to cancel numerous PR & fundraising events scheduled for the 2020 calendar – namely our street collections, group visits, the Tokara Rare Plant Fair (where we were gratified to be reselected as their beneficiary this year) and the main focus for the past year, the Camphill Dialogue Conference 2020, as mentioned in our Chairman's report. We would like to thank everyone who assisted us with the preparations leading up to this event, from the donations received to the services supplied.

Nonetheless let me share some memorable highlights with you this past year leading up to lockdown!

Since the month of May we had been on the go, with the underground peat fire still a 'hot' topic of conversation. We were delighted when KYKNET Verslag, a television programme which provides an overview of the day's news events, decided to cover the underground fires here at Camphill!



In July, we celebrated Mandela Day. Members of Hermanus Botanical Society braved the rain, strong winds and cold weather to assist us with our alien clearing project. A group of our residents, volunteers and staff members also joined in and dug out the dreaded invasive black wattles. As the sun broke through the clouds and a beautiful rainbow spread across the sky, we were flooded with feelings of peace and serenity. At midday, the entire Community gathered together at Mercury Hall (our Community Hall) for lunch where the residents of Labora House presented the birthday cards which they made in honour of what would have been Madiba's 101st Birthday.



In September Rotarians visited us from the USA, on a friendship exchange from Pennsylvania, taking a tour around the garden workshops namely the Herb Garden and the Poultry Garden. During their tour Mr Eddie-Smith (our white & ginger feline friend) decided he too was part of the group! These Rotarians, along with the Hermanus Rotarians, sponsored the Poultry Pathway leading from the entrance gate to the garden up to the chicken house, thus making it much more accessible for our residents who are wheelchair bound.



Towards the end of the year we had a surprise visit from a past resident, Richard Wentzel and his family - Caroline and Charles from the UK. Richard resided here for many years and was in Labora House in the mid 70's. He had a chance to walk down memory lane, meet up with dear old friends and shared such entertaining stories. Richard, thank you for sharing your story with us and we look forward to your next visit!



2019 ended on a colourful note when our Process Art Facilitator, Ashleigh Temple-Camp, entered various resident's artworks to be displayed at the Night of 1 000 Drawings. The event, which took place on 6 December 2019, formed part of the Hermanus First Fridays Artwalk. This annual event encouraged artists to donate their A5 works which were then displayed and available for purchase to the public. The proceeds raised

were then donated to beneficiaries selected prior to the event.

Our residents had an opportunity to stroll down Art Alley where many of the art works were exhibited. Spotting their own work, which was displayed for all to see, they beamed with pride. After enjoying the buzz around town, we promised to conclude the evening with ice-cream. Sadly, on placing our order, load shedding interfered which rendered the ice-cream dispenser non-operational. However, we were pleasantly surprised when Burgundy Bistro kindly came to our rescue with two scoops each of home-made vanilla – a happy ending to a heartwarming occasion.



Looking ahead, we started 2020 in full swing before the official announcement of lockdown, when the Friends of Camphill Hermanus (FCH) presented Camphill Farm Community at the Hermanus Country Market on 11 January 2020. They were a formidable team, selling beautifully produced Camphill products such as the 'Berna bags' & aprons and encouraging people to sign-up and join the group.

If you are interested in joining FCH, pop onto our website (<https://farm.camphill-hermanus.org.za/> - the 'Join' tab). The downloadable brochure describes FCH's aims, as well as highlighting ways in which you can possibly assist Camphill. Alternatively, you are welcome to email FCH on friends@camphill-hermanus.org.za."



Now that we are facing a world of uncertainty, we are still blown away by the overwhelming support and generosity of people near and far. There are so many people and organisations that support us in what we do and on behalf of everyone here, our heartfelt thanks go to you all. Please know that your support, commitment and interest in our Community affords us the opportunity to give the best care and support to our wonderful residents.

The best and the most beautiful things in the world cannot be seen or even touched – they must be felt with the heart.
- Helen Keller



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SPIRITUAL AND CULTURAL By Elma Young (Community Representative)

The lockdown of 2020 has somewhat overshadowed our lives, but a lot happened before Covid-19, as well as during. After all – life goes on. Camphill still remains Camphill.

We still celebrated the Festivals, with proper protocol, keeping distance and so on. Holy Week started with Palm Sunday – this time we did not do the palm walk, but only decorated with palm branches.

For Maundy Thursday we celebrated Silent Supper separately in each house. On Good Friday we read a poem around Christ's last words on the cross.



Easter Sunday we celebrated with Easter eggs in the houses and an Easter Festival with Eurythmy, a story and music:



For Ascension we told a story and did a mindfulness walk. Whitsun were celebrated with *St John 1:1-5* in 12 different languages.

St John's Festival with the call to "change your ways and minds" took on a special

meaning as we struggle to come to terms with the virus and what it means. Part of the festival was that everyone wrote down what-ever was felt needed change in their lives or what positivity needed to come into Camphill. The papers were then thrown into a fire. The biggest obstacle is to overcome fear.

Rev Richard Goodall gave us practical tips in overcoming fear. It is better to practice breathing into one's heart space to still the negative thoughts, than trying to rationalise one's fear away.

Before lockdown we celebrated Michaelmas, with St Michael and the Dragon play:



Candle Walk to the Graveyard, with Christoph and Betty Lou playing beautiful music:



As usual we attended the Advent Spiral of Camphill School:



As well as their amazing Nativity Play which brought some tears to the eyes!



There was Carol Singing on Christmas Eve, with delicious Christmas dinners in the houses.

Three Kings Play:



Stirring and spraying the Three Kings Preparation:



In between we had some yummy water-melon:



Cultural

Women's Day – The men painted the women's faces and nails. Some of the men were also included!



New Year's Eve was celebrated with a picnic inside the Hall (it was a blowy kind of evening!),



followed by a concert of singing by the volunteers, including some residents, a story and then dancing on the stage, with most residents participating.



The young volunteers then went out for a night on the town, leaving most of the rest of us to have an early night. A few residents and staff stayed up for the Foundation Stone reading and to (briefly) see in the New Year.

We celebrated Sandra Dyszel's 50th birthday in style, as well as Duncan Badnall's 60th:



And Emmanuel Laset turned 21! He gave a Power Point presentation of his life, Daniel and Christoph played marimbas, joined at times by Zandile and Lotti, plus whoever felt moved to play drums. People danced and ate the most delicious cake. A joyous event!



Julio and GERALYN Laset celebrated the renewal of their vows after 25 years of marriage:



Thanksgiving for surviving the fire with Camphill School



The Working on Fire people who worked hard to douse the peat fire next to the river, joined us for the celebration. Daniel Kamber entertained us with his marimbas afterwards, joined by some staff and residents.



The Village Harmony Choir gave us a delightful concert on 11 January – exactly one year after the fire. A very apt celebration considering how much good also came out of the fire. This time they did not comprise of the usual university students, but from choristers from all over Vancouver Island in Canada, joined by people from Polokwane and Cape Town. The programme was mostly

comprised of African music. At some point we were all invited to join the choir in dancing – a highlight for our people.



We were all geared to host the Camphill Dialogue Meeting and looking forward to meeting people from all over Europe and the USA, when COVID-19 hit. We had prepared certain items for the delegates and decided to go ahead and still do them for ourselves. The young volunteers presented us with a play they had written, based on an African story, *Kwaku and Ananzi and the Python*. Some residents joined them and it was great fun to watch.



It also turned into the volunteers' farewell as due to lockdown they sadly had to leave much earlier than planned.

Two other items on the list were tree planting, with Duncan Clews explaining how to plant trees successfully;



followed by traditional Xhosa dances by Masixole Ntini, accompanied by Brendon Minnaar (resident) and Julius Baumann (volunteer) on drums.



A huge highlight was when Mike Bosman, a pilot friend of Richard Berrington's late dad, took a number of residents and staff on helicopter rides. What fun that was! Richard also received a captain's shirt and a model airplane.

Up until lockdown Daniel Kamber continued with his residents' drumming group in the evenings and with the Craft workshop residents. As we were short on staff due to lockdown, we decided to have only certain outside workshops running and only in the mornings. In the afternoons a Wellness Programme was put in place.

Eurythmy By GERALYN LASET

From mid-2019 to mid-2020, the Eurythmy work has gained some momentum, strength, support and cooperation from the community in the following fields:

EURYTHMY THERAPY



A total of 10 residents have benefitted from individual therapy for their specific conditions and illnesses during the period. Through specific exercises, the therapeutic approach enabled the residents to involve in movements that act on the nerve system, rhythmical system and metabolic-limb system. In each case we start with a clear diagnosis of the condition or illness with the assistance of the medical doctor (Dr. Julio Laset) who conducts a medical check-up with each resident at the start of the therapy period and refers to the medical records and observations provided by each house leader. The therapy was implemented consistently for each individual resident with 2 days of weekly sessions for 7 weeks initially, then later repeated for another period or several periods, if necessary, with a rest period in between.

During the lockdown period, a group therapy session for strengthening the immune system was done in the houses, with both residents and staff participating. This was successfully implemented with the support and cooperation of the house leaders, staff and

residents. Those who participated were guided into movement exercises for strengthening of the lungs, regulating the rhythmical system, warming breathing and circulation and building bodily resilience and resistance. This group activity was carried out as part of the Wellness Programme initiated by the social worker (Sally Titlestad) in response to the COVID-19 situation. Hopefully, this will be continued as a health-giving medicine that one needs to take as maintenance in order to be healthy and strong.

EDUCATIONAL AND SOCIAL EURYTHMY



Every Friday afternoon during each season and in between festivals, classes were conducted with a selected group of residents. Around 20 residents participated in the lessons where they interacted with one another, led and carried each other and learned to move together to the elements of speech sounds and music elements. Standing together in a circle, we opened with a verse, taking the theme of the festival during the period and moving to the sound gestures. This was followed by warming-up exercises such as contraction and expansion with arm movements in and out of the circle and concentration exercises with stepping. Then

came exercises on body geography: copper rod and ball exercises for correcting posture, spatial orientation and coordination, and other rhythm exercises. Moving in straight lines and curves and geometrical forms, such as the pentagram and spiral, greatly challenged the residents for these involve taking hold of oneself and the surrounding space, as well as social awareness and interaction. What joy and confidence the residents felt when getting the forms right after several practices. Besides experiencing the strengthening effect of geometrical forms, greater harmony and team work were also learned in the process. Other skill exercises for agility such as crossing the limbs and throwing and catching were also done. We usually end the lesson with the gestures and movement of the Vowel sounds and IAO and rest afterwards quietly, while the residents listen to some tunes that I play on the lyre.

ARTISTIC EURYTHMY



Eurythmy was first and foremost a performing art before the fields of educational, social and therapeutic Eurythmy were introduced over a hundred years ago. It is the artistic side of Eurythmy that was also carried out during festival celebrations with solo and duo presentations

by the Eurythmists, Geralyn Laset and Luise Boedinghaus, and the residents in the group Eurythmy here at Camphill. The movement of a human being which comes from the soul and spirit comes to expression in the performances on stage with the Eurythmy. It is accompanied by recitation of a verse, poem or story-telling in the case of Speech Eurythmy; or live music played on a piano, violin, cello or any appropriate instrument in Tone Eurythmy. Coloured veils and costumes are worn by the performers to bring the mood of poetry or story and music to expression.

Throughout the year, the theme of each festival was presented in the verses, poem, story and music in Eurythmy movement which enriched the celebration of the festivals. In particular, the story of *St. John the Baptist, Michael and the Dragon* and *The Christmas Story* were presented in Eurythmy by the residents. The *Soul Calendar* verses by Rudolf Steiner appropriate to each festival were performed by Geralyn and Luise with recitation by a guest speaker, Rachel Conradie. Some music pieces by Schumann, Saint-Saens and Scriabin played on flute by Rachel Conradie were also presented by Geralyn. During the Easter Festival, the residents presented both in speech and song an English Carol called *Hilariter* and *The Prayer of St. Bride* of Iona was done in a solo presentation by Geralyn with recitation by Elizabeth Reppel. The *Prologue to the Gospel of St. John* was shown in Eurythmy with recitation by Julio Laset during the St. John's Festival. In both Easter and St. John's Festivals, the audience participated in some Eurythmy movements with short verses, *The Power of Faith* read by Eastlynne Nelson-Tansley and *Light* led by Geralyn which almost every one did and enjoyed.

As we go through this pandemic of our present time, it is my hope that the whole Community will recognise the value of Eurythmy movement for health and well-being and

becomes aware that through Eurythmy, the joy that movement brings is reawakened and the essential quality of social and spiritual life is practised within Camphill.

THERAPEUTIC ART

Therapeutic painting sessions with Ashleigh Temple-Camp (Process Art Facilitator) have been held for 2 groups of Camphill residents and 2 individuals once a week on a Wednesday morning since October 2019. The environment is non-judgmental and the focus is on the healing, creative process for each individual, before the result. The sessions are mostly based on the approach developed by Rudolf Steiner using the wet-on-wet painting technique, although several other process art techniques and materials have also been included over the months. Colour is regarded as 'food and medicine' for the residents and that is why we use quality Swedish paper and Stockmar paints. The simple themes often relate to nature and are always linked to the inner nature of the individuals. Ashleigh's approach is not diagnostic - each individual is regarded as 'whole' and sessions start from there. Ashleigh draws upon the cathartic, transformative nature of art making, and participants are free to talk about anything that comes up for them during the process. They almost always leave feeling peaceful and relaxed, even if they arrived flustered or upset about something. A short weekly report is written for each resident which is submitted to the social worker, house leaders and present 'COVID task team'. This tracks any inner processes or issues that may come up for them that may be important for the Com-

munity leaders to know about and it also includes fine motor skills and competency levels. Although the focus is on the process, residents also take great pride in their art pieces and love to share them with the Community or take them home, building confidence. They particularly enjoyed seeing their art exhibition in Mercury Hall during Family Day in 2019. They also loved participating in, and attending the last, Night of 1000 Drawings in Hermanus where their work was sold with many others to raise money for charity. The participants often express how much they enjoy the sessions and it is a delight to see them smiling as they leave the art room.



A Wellness Group was formed at the start of lockdown, which included a 'Creativity Hour' on Thursdays for 2 groups of residents who do not take part in the weekly therapeutic painting sessions. This is a relaxing and uplifting time for residents where they can enjoy art and craft activities without directly thinking about any worries during this

challenging time. Projects have included paper mache mask making (a gentle, indirectly 'COVID related' theme), uplifting Ascension Day and Whitsun related projects, and grounding paper mache bowl making. The participants wait in anticipation each

week to enter the art room and get stuck in! In addition, Community dancing takes place on the Village Green each week which has proven to be extremely popular and a fun way to 'let off steam' and release stress.

RESIDENTS

RESIDENTS' FORUM

This is a forum for all residents in order to give each one a voice. Values were among the topics discussed. It is also a sharing time for important or exciting things that happened in each one's life.



Brenden Minnaar

I am 29 years old. I started in Camphill School when I was 5 years old. I was a day learner my whole time at school. I came to the Farm in 2012, living in.

When I came to the Farm Community I did not know it so well. It was a bit hard as I had to grow up and it was very different from the school. But I met friends here, house leaders and workshop leaders. I have a roof over my head. I'm thankful for everything. I don't complain. The tuckshop makes me happy.

On the farm it is very nice to work with the

cows. I love the cows and the cows love me. I look up to the cows. I have bonded with them. I love milking. It is good. I like working with Masixole with the milking. He is lovely. One of a kind. I have learned a lot. We can talk about problems. We have a good relationship.

I look out to nature. I have seen mongoose and duikers. Also snakes, but I respect them and stay away from them. Life with Duncan on the farm is amazing.

My girlfriend is Robyn. We get along good. If we have problems we talk it out. With us life goes on. We are safe here.

RESIDENTS' COUNCIL



Nicky Adriaanse, Caroline Bradley,
Brenden Minnaar, Catherine Potton.

Nicky: It has been an interesting two years. Lockdown has been a bit difficult. Caroline has not been here. My highlight this past year has been the opening of the tuckshop.

Catherine: I enjoyed being in the council – I have learnt a lot. My highlight is I am getting puzzles, not sweets and have lost weight.

Brendon: Very nice. Still continuing. My life goes on. Bit quiet during lockdown. My highlight is working on the farm and with the calves.

All were sad that the Dialogue did not happen. They were looking forward to meeting people from overseas Camphills and showing them around our Camphill.

SELF-ADVOCATES



Mark Meyer, Robyn Grant, Caroline Bradley, Cornelia Alegi

Self-advocates sadly ended at the end of 2019 as the lady who organised it left The Western Cape Forum for Intellectual Disability. These 4 selected residents thoroughly enjoyed their two-year stint and felt that they learned a lot.

RESIDENTS' HOLIDAY

Nancy Snoek – I had a nice time at the sea. I sleep in the room. Was sad to get sick and having to come home. I choked. Karin fetched me.

Mark Meyer – We went to the holiday house in Betty's Bay. Nice big holiday house. Could see the sea from the balcony. We walked on the beach. We went to see the penguins. Funny creatures. Their walk remind me of

Happy Feet. When they make a noise it sounds like a donkey. Made us laugh. We went to the Mall in Somerset West. We went to the Spur for a meal and then went to see the new Mary Poppins. I liked the old Mary Poppins better. With Julie Andrews. At the end we had a braai at Kleinmond and the Raphael people and Nancy joined us. Was very nice. Frank Spieker took us on holiday. Very kind. His resident from Germany also came with us.



Laura Moeller, a resident from Germany

I found the time in South Africa to be very nice. I liked the hikes and the sea and I enjoyed the Egg Garden very much. I played Rummikub and spend a nice time at Betty's Bay for the Residents' Holiday. I saw penguins and the botanical garden. Thank you so much.



Frank Spieker - Betty's Bay, Sunset

After the movie, it was time for bed. I shared a room with bunk beds with Mark, Ralph and Andrew. We had our own little bathroom in the bottom part of the beautiful house in Betty's Bay.

The Ladies: Sylvie, Nancy, Anet, Barbara,

Laura, Anna and Sandra stayed upstairs, overlooking the sea on the one side and the mountain on the other.

Close by the beach we experienced the most relaxed times during the Residents' Holiday 2020. A group: randomly put together and yet so familiar. Most of us have known each other for over 15 years already. Respect, trust and a sense of humour make fantastic holidays... And so it was!

Trips to the beach, the movie theatre, the Spur, the penguins and the botanical gardens made our time worthwhile. But the meals together, the great evenings playing cards or sharing views, old memories or new dreams...that is what made the trip so worthwhile. We met as human beings, eye to eye, on the same level.

We found a *healthy social life, where in the mirror of each soul, the whole community found its reflection and in the whole community, the virtue of each one was living* (Steiner) as we went to bed each day, I thanked the Spirit World for such everlasting human friendship and after a little settling period of chatting, whispering and the occasional snore, I peacefully slept until the next day.

Time and again... In 2012, I left Camphill to discover the world at hand, to study, to party and to find myself. I learned a lot in my time in South Africa. About household allowance, diet, the food budget and the three pillars of Camphill (breakfast, lunch and supper). These day-to-day discoveries were all worthwhile for the paper but, uninteresting in terms of unfolding the human potential of Community life.

About the real stuff and why I keep on coming back.... If one manages to overcome the



Teamwork exercise with Homelife

(sometimes rather dull) routine, you learn lessons that shape you as a person. Inevitably, you go through a process of inner reflection, of deep understanding and change, that will affect you as a person and a human being alike, through:

- the opportunity for meaningful contribution
- the quest for common goals,
- the connection with the land and the Elemental Beings
- the search for Camphill's Spiritual path
- the challenge of sharing
- the striving to recognise each individual alike
- the power of overcoming conflict

I found true friendships during this time which are some of the strongest bonds I have ever experienced.

Each time I arrive back at Camphill, I do what I do well: sharing. Sharing is caring. I share views and opinions, feelings and state of mind, expectations and experiences, time and work and the one or the other coffee.

And I am still searching... searching to find myself. When I am at Camphill, I have the feeling that the search is almost over.

Thanks for having me!



Frank Spieker – a previous house leader, now working and living in Germany. Frank returns regularly to help us wherever we need him, but especially in training house staff. His visits are always a highlight and a great help.

HOMELIFE

COMMUNITY: that is what the past year has taught us.

Living in the time of the pandemic has brought the house communities, as well as the Community as a whole more together.

Unfortunately, we had to say goodbye to our young volunteers who had to go back to Germany because of COVID-19. We also gave the staff a choice to either lock-in with us or to lockdown at home. A few of the house staff chose to lock-in with us, which was a huge help. The first couple of weeks was a big strain on the house leaders, with limited staff, no volunteers and only half-day workshops.

While this is a tough and challenging time, it has also taught us to live and make do with what we have. To help each other when there's a need. For example, people sharing their baked goods, meals or house-sitting in another house so that people can take much needed breaks; residents chipping in with house duties which they thoroughly enjoy; doing what is not in your job description.

It also made us aware of how lucky we are to have what we have. A Community with beautiful mountains. Where people on the outside couldn't even go for walks, we are fortunate enough to be able to go for walks



around the Community, to take residents for walks up the mountains, to do activities together, to still go and have a coffee with a neighbour.

A big thank you to Mady Pretorius for being a house leader for 10 years and making sure that Pollux House ran smoothly. She organised and prepared food for functions at times and together with her husband, Giel, they took residents on the annual residents' holiday for many years. The residents absolutely loved every moment. We wish them both and their family well. We also thank Karin Diesel (HL Labora) and Elizabeth Uys (HL Raphael) for their hard work and wish them all the best.

New Homelife Staff

Although we said goodbye to some of our long-term staff we also gained some skilful new ones:



Miranda Nokhemane (AHL Labora House); Claudine Vertuin (AHL Melissa House); Dolly de Villiers (AHL Raphael); Faresi January (carer/cleaner Raphael House); Esmarelda De Wee (AHL Raphael House); Eastlynne Nelson-Tansley (HL Pollux House); Nicolene de Klerk (AHL Cinnabar House);

Internal changes:

Luzette Louw (HL Raphael House)
 Tamara Ngqutsela (acting HL Melissa House)
 Anita Fisher (acting HL Labora House)



(AHL = Assistant House Leader; HL = House Leader)

TRAINING

A three day First Aid training for all staff.

And a Red Cross Training on how to get people easily out of wheelchairs.



Some staff attended a talk at Alexandra Hospital on cerebral palsy (CP) and its different forms, including how to physically help people with CP.

Since lockdown staff have attended numerous training webinars on a variety of topics including administration, HR, finance and social care. Very informative indeed.

VOLUNTEERS

Thank you so much to this group of volunteers for their enthusiasm and hard work.



Jessica, Paula Pollux, Paula Castor, Anna, Mark, Lotti, Julius, Sebastian

A young Volunteer's Perspective: Charlotte Hopp (Lotti)



Interesting to see how quickly a foreign place becomes home. I felt at the right place right after Robyn welcomed me with excitement and a beautiful Protea flower. The following days and weeks were full of friendly people, new impressions and bad weather. First time I realized my opinion of South Africa as a country with never-ending summer was

wrong. Not the first time my opinion turned out wrong, but that's why I decided to go to Hermanus in the first place. I wanted to see what it's really like to live here, get to know the locals and most importantly, experience the Camphill lifestyle. It's been an amazing six months. The residents have so much love to give, one cannot do anything but save every single moment. My everyday highlight, working in the Egg-Garden, brought so much joy even to the smallest of tasks. Working in the pashasha team with pashasha helpers taught me a lot of things. I will always remember how GD gets excited over the birds flying right over the food garden or Lizzie working hard in the office. Besides the

Egg-Garden I spent quality time with the residents weekly, busy partying and dancing to ABBA and every first Friday of the month during movie night (and most importantly: popcorn). Also they are the best fan base when it comes to giving concerts or doing plays. No one dances like Peter does! After all my year abroad ended suddenly with a severe disease of mine. During that tough period I experienced such an incredible community. I will always be grateful for all the visits, calls, messages, gifts and most importantly: The certainty of not being alone. I think that's what Camphill is all about. No matter who you are, you will always be welcomed. Thank you so much for having me.

FARM WORKSHOP

By Duncan Clews, Farm Manager

It is a great privilege for all of us at Camphill Hermanus to be able to live and work in a rural farm environment, and to provide for many of our needs from the animals and land that we tend and care for. We are very grateful too for the many people whose time and support assist us to do what we do here.

Cows form an integral part of a biodynamic farm, and our herd of Jersey cows, and their offspring are much loved and cherished by everyone in our Community. Apart from providing a source of lovely creamy milk that is ideal for making a range of dairy products like cheese, ice cream and yoghurt, the cows also provide a therapeutic working environment for Camphill residents. Nothing that we do would be possible without their time, energy and input.



Egon Bonthuys is an indispensable help in the milking parlour, and in all facets of the farm operation. His attention to detail is greatly valued, and his physical strength very useful when it comes to loading trailers and carrying heavy feed bags! Brendon Minnaar is a long-standing team member who helps with many aspects of what we do. Brendon loves fixing things, and is always at the forefront of any repair effort. Catherine Potton helps regularly

with milking the cows, and has a very strong bond with the animals, many of whom she has known since they themselves were calves. Sharise Le Roux has recently joined our team for daily milking when she comes down to help, and to care for one of the calves that needs to be hand fed. We are all assisted by Masixole Mtini who is worth his weight in gold.

Natural factors impact heavily on our farming operation, and a very dry summer limited growth in many of our pastures, and increased our reliance on irrigation. We are

also still feeling the effects of the big fire of January 2019, as much of the pasture fencing and our Barn have still not been repaired. Almost all of our bee hives were also destroyed in the fire, and we are in the process of slowly building up the apiary again. Invasive plants are a big problem too, and we put a lot of effort into clearing them from our land.

Looking to the future, we are optimistic and give deep thanks for the opportunities we have, and for the many people who support us in what we do.

DAIRY WORKSHOP

By Duncan Clews (Farm Manager)

The Dairy Workshop is a happy little hub at the heart of the farm operation.

It is here that the milk from the milking parlour next door is transformed into a range of delicious products that include probiotic yoghurt, mozzarella cheese, butter and ice cream.

Since the refurbishment of the dairy building, the work environment has become far more pleasant for staff and residents. Betty-Lou Miller greatly enjoys her task of making butter from the creamy milk produced by our pasture-reared Jersey cows. Betty-Lou has been making butter for several years now, and has perfected the art in this time. Gerhard Rudolph is an indispensable part of the dairy operation, keeping the building and its environs in spic-'n-span condition. His joy and enthusiasm for what he does is



infectious, and he's always willing to lend a hand when needed.

Although it has been difficult during lockdown, We still manage to provide milk and yogurt for the houses. Theo Funani, who shares his time between the Herbs and Poultry, had shown himself a deft hand at making yogurt!

POULTRY & COMMUNITY FOOD GARDEN WORKSHOPS

By Debi Diamond (Workshop Coordinator)

Both gardens provide meaningful work for 11 adult residents who actively participate in the daily farming and gardening activities. They give their best and continue to develop themselves, individually and as a team.

We are very fortunate to have Mr Theo Funani, our garden assistant with us every alternative week (we share him with the Herb Garden). Theo has been at Camphill for two years now, and has developed as almost a fatherly figure with the residents.



Theo is quite strict with us about putting tools away and cleaning up after ourselves. A task that needs constant attention, especially when there is only 5 minutes before lunch and residents want to leave as hastily as possible. However, Theo is not exempt from the admonition of the residents, who will quickly remind him of tasks in the garden and how they will need to be managed. A delightful relationship of equality exists.

Masixole Mthini, is another gem that joined us during this period. Masi came via a permaculture training organisation called SEED. He came to do his practical training with us for 3 weeks, after which we made him an offer to stay. Masi works mainly on the Farm with the cows, pastures, dairy etc., but we are lucky that he joins us every alternative week

and has developed a love for his work and the residents. They eagerly look forward to Masixole (or as most call him, with great adoration, Masi Skollie).

Developing a wholesome relationship with each resident is both important for the farming work that needs to happen, as well as for their own personal development.. We are so fortunate to have Theo and Masi who understand and invest into that.

In this respect, I would like to share an experience that I had:

I came into the workshop in the late afternoon, prepared to tend to the feeding of the hens, harvesting the eggs and getting some prep work done for the following day. The 2 or 3 hours alone in the late afternoon, allow me that planning time. After 10 minutes, I realised I wasn't alone. Two residents had "snuck" in through the unlocked back gate. They both greeted me and one started to harvest the eggs whilst the other was idling around. I decided to talk to them both about the need to have alone time in the workshop, and that if the gate was locked this didn't allow them to come around the back and disturb me. They both gave me the courtesy of listening to my firm rant, and asked if I had finished. It was then pointed out to me that some of the hens' lay boxes needed clean nesting material whilst the other resident told me "Debi, you look stressed out. Can I make you a cuppa coffee or tea?" I was left speechless. I quickly left and went to fetch clean nesting material to tend to the task pointed out to me. When I had completed

the work, I was handed a cup of coffee and told, with great respect and love by the resident that "this isn't just your workshop you know!!"

I so value the equality, safety, humour, love and respect that takes place between myself and my colleagues. SPADES UP guys!! It remains an honour to work with you all.



The daily farming and gardening tasks such as mucking out the hen house, cleaning & delivering of eggs, collecting house compost etc. are tasks that the residents manage very purposefully. The team is acquiring a level of

competency and individually, residents are gaining a sense of worth.

An area of land, parallel to the poultry garden is still being developed into a small community food garden, now 3 years in the making. Every Monday morning there is a flurry of activity in the food garden as we harvest, clean and distribute salad packs and spinach to the houses.

Produce which has come from both gardens have included lemons, apples, bananas, mulberries, turnips, spinach, salads, figs, guavas, cabbages, kale and tons of love!

Some residents have learnt the cycle of food i.e. planting up pea seeds, nurturing and planting out the seedlings, tending to the plants, harvesting the peas, delivering to the houses, and cleaning and storing of seed for the following season. It is a real privilege to see a person grasp the "story of food".

HERB GARDEN WORKSHOP

During the past three years the Herb Workshop went through several changes. Hilda Hechter reached retirement after 18 years of service. After a thorough search Rowena Bell was recruited and bravely accepted the challenge. She proved herself capable and soon won the hearts of the residents on the Herb team. During early 2019 the garden suffered severely during the devastating fire that raged through the community, destroying many old and valuable trees and other plants. With the help of



various generous donations it was slowly brought back to production stage. Many plant nurseries around Hermanus donated a variety of plants, and Rowena and Theo Funani worked tirelessly to replant and restore.

A huge effort was made to start making compost to feed the garden once again. The

nursery next to the road was also destroyed in the fire and was eventually rebuilt with the aid of another generous donation. Presently Hendrik Horn, who is the talented handyman of the team, is working hard to rebuild the shelves inside the nursery in an effort to have it ready for the present planting season. We were fortunate to be allowed to use the poles and framework of the car port that was blown over in a recent storm, which enabled us to restore without great expense.

During April, Rowena decided to leave Camphill, leaving behind a well-stocked garden where the benefits are being reaped with gratitude. She is missed by everyone.

Once again Hilda stepped back in to hold the workshop until a replacement could be found. (Thank you, Hilda, for all the work you do, both for this workshop and for the Community as a whole. Library and tuckshop also wouldn't be the same without you!)

Theo is our great hero in the garden, supporting all the more strenuous efforts that enable the garden to prepare for the coming planting season. A generous amount of compost had been made during the past months which will greatly enhance the efforts

to create a highly productive outcome. The soil in this area is poor and sandy and requires regular feeding with organic compost. Rowena started Biodynamic practises, teaching some residents and Theo in the preparation and application thereof.

Presently there are 14 members on the team, mostly residents only able to work on processing herb material in the indoor processing workshop. Only a few residents are interested and capable of working in the garden itself, participating in weeding and rarely planting. The potential of the garden is huge, but more help is required for it to realise its fullest potential.

There is a small, but steady income through sales of our products, like Mixed Herbs, Herb Salt, Health Tea and Lavender Bags. Medicinal herbs have potential as a source of income and some revenue is earned by its sale to various health providers and Physiotherapists. The garden is mostly focused on growing medicinal plants for faithful customers.

There are numerous beautiful birds frequenting the garden, a feature that is greatly enjoyed by all and regarded as a great blessing.

CRAFT WORKSHOP

The craft workshop was significantly disrupted by COVID as it is the only workshop that operates almost entirely indoors – it was the last workshop to re-open as the virus regulations started to ease. By then, though, the residents had become quite

By Erika Nagel (workshop co-ordinator)



familiar with the basic hygiene protocols and, with few exceptions, it was easier for them to understand and put these protocols into practice, especially social distancing.

The atmosphere in the workshop is relaxed and friendly.

The residents continue to explore a variety of craft activities, depending on the level of their abilities, of which there is a range in Craft – activities such as reading, colouring and, especially, knitting their own items (like gloves, dolls or blankets).

The knitted carpets have proven to be a big hit, with one parent in particular putting in an order for five! We hope to continue making these.

Before lockdown, the residents really enjoyed attending a weekly drumming session with Daniel Kamber (thanks, Daniel! We're looking forward to having you back when regulations permit).

Thank you too to all those in Hermanus who have been donating 'crafty' items on a regular basis.

Finally, a big thank-you to Berna van der Merwe for making the most wonderful 'Berna bags', not only for the delegates who were due to attend the Dialogue conference in March, but also for sale at various outlets in Hermanus, to raise funds for the Community. Quite a fashion statement... Much appreciated, Berna!

FACILITIES By Sam Hodson (Executive Manager)

The facilities team has gone through various changes this year, with the most significant being the departure of Giel Pretorius, the facilities manager, after ten years at Camphill. His knowledge of the property, his skills set and his experience was greatly appreciated during his time here and for that we thank him.

We also are particularly grateful to George Louw who has been holding the facilities department together, both since Giel left and on his own for a large part of COVID lockdown (until his colleagues were able to join him).

In July we welcomed Jerome Julies to the team, both as driver and part of the facilities team.

The Dialogue Conference in March provided a wonderful impetus to carry out some long-overdue capital projects (e.g. the entrance gate upgrade, the Mercury Hall upgrade, the repaving of some of the paths and walkways). Thank you especially to our overseas Camphill Communities for their wonderful contributions in this regard – and to the Association of Camphill Communities (UK and Ireland) and Geoffrey Weir, especially, for facilitating this donation process!

Lastly, although seemingly insignificant, we are particularly grateful for our donated generator, which has been a huge blessing during load-shedding times and, in particular, when stormy weather has disrupted power to the valley!



SOCIAL CARE By Sally Titlestad (Social Worker)

Having studied and worked extensively in the fields of Clinical Social Work and in Cultural

Heritage, I am passionate about well-considered and critically thorough work that is deeply ethical and that leads by example and about the power of co-operative relationships to transform people's lives. I am deeply committed to mental health, building genuine capacity and richness in diversity, and working towards developing a South Africa where equality of opportunity for all people becomes real.

Social Care at Camphill

Brooke de Bruyn did an exemplary job of taking Camphill's Social Care commitment to new places with the advent of a Men's group, staff training, art therapy and supporting residents through a difficult time, particularly after the fire which affected residents in unexpected ways for a long time.

I joined Camphill just before COVID-19 raised the level of challenge on the Farm Community. Since lockdown, we have managed to keep all Camphill residents and staff free of infection and have instituted a Wellness Programme with daily activities to support physical and mental health, despite no family contact being allowed until recently. These include a programme of yoga, eurythmy in the houses and a continuation of group eurythmy, music work and restarting the orchestra, additional artist and creative work for some residents, dancing, story-telling and weekly mindfulness walks which have been thoroughly enjoyed by all.



Story, creativity, dancing

Social Care in a time of social isolation has brought with it very real trials for houses, workshops and for individual residents, but it has also brought new achievements in team work, in learning how to conduct activities while maintaining 1.5m between all participants, in managing one's own fears and frustrations, and we have successfully conducted a group work series building resilience and emotional strength with a small group of residents.



Resilience Group receiving their certificates

I very much look forward to the next year of working and learning alongside the staff and residents at Camphill.

YOGA By Debi Diamond

It has been a number of years now that I've been facilitating the weekly yoga class. The number of bodies stretching and balancing and moaning, range from 18 to 30. Because of the large number, we create a circle around the hall and rig up a small altar in the front. I believe a lot of the residents attend due to the regular Indian chanting music, incense, and the atmosphere of calmness.

The hour is not all calmness, as some residents can become quite disruptive and cause mayhem. A few firm words and all returns to calm.

However, there are a few regulars whose bodies I've noticed are becoming a lot more co-ordinated and stronger. I'm told by a



number of the regulars, that the movement of "Salute to the Sun", is a morning ritual for them. Balancing postures remain one of their challenges which they take on with great enthusiasm.

We include meditation, breathing and relaxing into our hour. And the best part for all of us is at the end with stretched bodies and calm minds, we all belt out

"We are Kind, We are Smart and We are Important"

NEW FACES



Jackie Thackwray (Bookkeeper) joined us in March, just before lockdown.

Ashleigh Temple-Camp has been doing art

therapy with our residents for a while, but has also volunteered art and dancing as part of our Wellness Programme.

Martin O'Carroll has been volunteering time on the farm and has been a huge help in this lockdown period.

Zandile Jacisa, from the office, had her beautiful baby boy, Ligugu, meaning "pride".

Masixole Mthini came to us for a 3-week internship. When a post on the farm opened up he applied, got the job and ended up in lockdown with us. He is always willing to go the extra mile. One of the tasks he has

taken upon himself is to tell a story every second week as part of the Wellness Programme. A true Camphiller!

Welcome back to Elizabeth and Christoph Reppel. It is such a blessing to have Christoph composing and performing music for our Services and Festivals again. He does have some help with Betty Lou on the recorder!

Christoph has started with the Residents' orchestra as well. Much to their delight. Elizabeth is a server in our Services and is also involved in our Festivals.

Oleg Kotzuba started his trial shortly before lockdown and has since been in lockdown with us.

UNTIL WE MEET AGAIN



Sr Sandra Martin retired – this time for good! Fortunately Sr Marie du Plessis could step into her shoes.

Mady & Giel Pretorius, Elizabeth Uys and Karen Diesel's time with us came to an end. We wish them all the best and thank them for their hard work.

We said a sad farewell to our social worker, Brooke de Bruyn and bookkeeper, Jacky van Tonder.

Rowena Bell and Renaldo Davids, our driver, sadly also left.

Two of our residents Sandy Harper and Ginny Stocks sadly left. They are missed!

"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

DONATIONS (April 2019 - March 2020)

Donor	Amount	
DONATIONS - GENERAL:		
Camphill Foundation	22 290	
Claudia Fritsch	7 985	
D. Trojeski	3 000	
Doreen Kramer	12 559	
ER Tonnesen Trust	71 430	
Fuchs Foundation	10 000	
Gray Trust	40 000	
Growthpoint Management Services	30 000	
GT & Anne-Mare Ferreira	50 000	
Hyman Goldberg Foundation	3 000	
Kate Henderson	8 722	
Kia Hermanus	1 000	
Lesley Hanzlik	15 226	
Mathers Trust	40 000	
Monetta Badnall	10 000	
Mr & Mrs Rex	2 800	
My School	5 533	
Overstrand Municipality	50 000	
Philip Viljoen	1 390	
PSG	2 000	
R Potton	136 000	
Rachel Swart Fund	209 850	
Rotary Hermanus	4 000	
Street Collections	6 079	
Sun Slots	150 000	
The Joan St Leger Lindbergh Charitable Trust	75 000	
United Church Hermanus	1 500	
Other	12 200	
Sub-Total - Donations General:	982 474	
OTHER FINANCIAL SUPPORT:		
Association of Camphill Communities (UK & Ireland)	360 000	
Sub-Total - Other Financial Support:	360 000	
GENERAL DONATIONS - GRAND TOTAL:		1 342 474
Joint Financial Support (School & Farm):		
Uninsured losses as a result of the January 2019 fire:		
- Association of Camphill Communities (UK & Ireland)	1 200 000	

We would also like to say a huge thank-you to all who contributed in kind. You are too numerous to mention by name, yet your generous contributions to promote the wellbeing of the Camphill residents are so greatly appreciated!

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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: 200 412
Account Name: Camphill Farm Community Hermanus
Account Number: 5247 070 1065 | Account Type: Cheque
Swift/IBAN: FIRNZAJJ



**You can do what I cannot do. I can do what you cannot do.
Together we can do great things.
- Mother Teresa**



Camphill Farm Community Hermanus

Quality of life for adults with intellectual disabilities



Love is higher than opinion. If people love one another the most varied opinions can be reconciled – thus one of the most important tasks for humankind today and in the future is that we should learn to live together and understand one another. If this human fellowship is not achieved, all talk of development is empty.

-Rudolf Steiner -



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