



Camphill Farm Community Hermanus

Quality of life for adults with intellectual disabilities



ANNUAL REPORT 2021



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Hermanus

Quality of life for adults with intellectual disabilities

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)

What a year, what a time in history, what a time globally.

So much has been affected by the Corona Virus – and our Community has obviously been no exception – but there have been many positives for us, some of which you will read about in this Annual Report.

First off, though, on behalf of the board of directors, I'd like to express our heartfelt condolences to those of our wider Camphill Community who have lost loved ones, not only as a result of COVID, but also from other causes.

Last year I reported that there had been no COVID cases to that point and it is with great joy that I can report the same again one year on and miraculously, Camphill remains COVID-free.

While it has been sad that we have had to severely restrict visitors onto the property, everybody's observations of our COVID safety protocols have gone a long way to protect our Community. So much has now gone online – even our AGM took place on Zoom last year – but that has also had its positive spin-offs (more people in touch, greater access to training opportunities, etc.). This year's online Movement Group series of meetings of Camphills worldwide meant that more of our Community were able to join and benefit from the group wisdom of international Camphillers – and to gain more of a sense of being part of a greater movement.

We all now live in the time of vaccines. Some staff members have already been vaccinated

and at the time of writing we are awaiting news on the availability and timing of the vaccine for the rest of Community. Without trying to predict the future, I sincerely hope that by the time of our next report – 12 months from now – the COVID virus will be non-life-threatening, more manageable and far less disruptive for all.

In the midst of it all, our residents continue to provide us with so many life lessons, especially about how to live with a crisis. Their uncomplicated approach to life continues to amaze and teach me as to how to go about my own daily affairs.

Meanwhile life in the Community goes on.

Excitingly, the board recently commissioned a review of all our workshops – both the therapeutic and the non-therapeutic. A representative review panel has been set-up and tasked with conducting the review process, with important questions being asked, for example:

- Are our current workshops providing the best therapy and meaningful work for our residents, as their demographics are currently based on age, ability, etc.?
- Are there other workshops to be considered?
- Can the existing/new workshops provide more for the Community? Can they



earn an income/more of an income for the Community?

- How can the workshops be more sustainable (if at all)? How do we ensure succession planning takes place so that a workshop doesn't just close down when the champion leaves or is re-assigned?
- How can these workshops attract greater interest in our Community, while at the same time maintaining the safety of our Community?
- How can existing/new workshops attract funding (once-off and ongoing) for themselves, the residents and the Community at large?

This review will take some time to complete, but will provide much-needed insight and direction into our workshops going forward. A very welcome process indeed! (One example of an outcome will be a more definite plan on how to best utilise the space where the barn 'shell' currently stands.)

Other than the daily social support and care for our residents and each other and the joys and challenges that go with that, one of our main challenges on the estate currently is dealing with the exponential growth of the invasive plants/aliens. Various plans have and are being discussed, but one can't get away from the fact that the management and control of these invasives requires much and consistent resources, specifically manpower and money. Thank you to the people and organisations that are helping us look at more holistic/area-wide solutions. I'm trusting that the most viable and constructive solution will be found soon and that my report to you next year will bring much more

positive and long-lasting news on this front.

Our constitution of many years (first tabled in our founding year of 1978), after numerous revisions over the years, has gone through a major overhaul and will be ready soon for adoption.

Lastly, I'd also like to take this opportunity to thank various people and organisations, including:

- Firstly you, the staff and volunteers at Camphill. You continue to be beacons of light in ever-challenging times as you carry out your duties – dare I say your vocation – in supporting and caring for our residents. You are greatly appreciated, as individuals and as a group. Keep up the good work!
- Thank you especially to our various donors and supporters for not just thinking of us in these difficult times, but being very intentional in their giving to us, despite the overwhelming demand from all corners.
- Every year we are supported in various ways by the Association of Camphill Communities (UK and Ireland) (AoCC) who, despite their own significant challenges back 'at home', have continued to look out for us.
- Thank you especially to Geoffrey Weir, fellow board member and director on the board of the AoCC, for his unwavering support over many years, both of us and Camphill School. While it has been immensely frustrating for him not being able to travel to South Africa for in-person meetings (all self-funded), he continues

to support us in other ways.

- Camphill School and Jeanne-Marié Botha, their principal, in particular. They have been wonderful and supportive neighbours through thick and thin and I greatly appreciate the strong relationship between our two Communities. Keep going through this challenging time.
- The Friends of Camphill Hermanus and its committee – especially Patrick MacPhail, its chairman – for their ongoing and

renewed support and commitment for and of our Community, despite the challenges the COVID-related restrictions have placed on them.

- Last, but definitely not least, thank you to my fellow board members for your unselfish and ongoing commitment to Camphill. This has been one huge year of change and you have continued to give of your time and expertise freely to our Community and to serve with no expectation of financial rewards. Thank you!

BOARD MEMBERS (to March 2021)

Ray Potton (chairman) • David Trojeski (vice-chairman)
Geoffrey Weir BSc FCA IBA • Elma Young
Esther Zietsman • Julio Laset



FROM THE EXECUTIVE MANAGER'S DESK

By Sam Hodson

It would appear that it's becoming the norm now for each passing year to throw up one big issue to challenge and stretch us, both individually and as a Community – and that's not always a bad thing. COVID-19 continues to challenge all of us – with no exceptions – but there have been some amazing positives here at Camphill throughout the past 12 months as a result.

Life under COVID

'COVID carefulness' has become a way of life and in the main the Community has

responded well, despite the restrictions. While the country levels of lockdown have fluctuated up and down, we have remained almost cocoon-like on a fairly strict level 3 which has paid dividends so far. To date, despite a few scares, we miraculously have remained COVID-free – and I put this quite definitely down to the care our residents, staff, volunteers and family members have taken, both within the estate, as well as at home (staff and residents' family visits) and in public places (essential visits only). I would also like to take this opportunity to say thank you to the family members and friends of residents for enduring the onerous screening questions and related safety measures they are required to take when having a resident

home to visit – not easy and not universally appreciated. There is no question, however, that your observation and truthful answers have gone a long way to ensuring the safety of the residents both at home and back here at Camphill!

With a number of residents being with their families over the Christmas break, we trialed a ‘bubble-lockdown’ on their return in early January: each house (residents and associated staff) kept strictly to themselves for a period of ten days (no workshops, essentials delivered to the door, no wellness programme activities). By and large – with a few concessions – the trial went remarkably well and proved that, in the event of a serious lockdown, it can be done. An interesting ‘by-product’ of these trying COVID times has been the very real effect that the animals on the farm have had on healing and calming those who interact with them. The picture of Egon, a resident, with a new-born calf in his arms and the biggest smile on his face, comes immediately to mind!



Our 6-person COVID task team continues to meet regularly to determine courses of action

as and when new information becomes available. An ongoing debt of thanks to Dr. Tilla Muller (GP in Hermanus) and to the Hermanus Hospital for their assistance in these matters.

We compile a daily wellness report on every person in the Community and this has proven to be a great tool in keeping up to date with how everyone is and being on the alert for any signs of illness. Regular staff conversational have also greatly assisted in creating safe and informal spaces for staff and volunteers to share their experiences and concerns.

At the time of writing, the staff and volunteers who chose to do so have received the vaccine (Johnson & Johnson) and we are currently waiting on the local authorities to inform us as to when the residents who have said ‘yes’ will receive their vaccine (most probably here onsite at Camphill).

A COVID Thanksgiving Braai for the whole Community took place at the end of November and it was a wonderful opportunity to reflect on how the Community had been during the various lockdown periods up until that point.

The residents continue to work in the workshops in the mornings only, with our various wellness programmes now firm favourites in the afternoons. A special thank-you to the coordinators of these programmes! The question of returning to full-day workshops for residents will only be addressed at a later stage.

Camphill Life Despite the Virus

After the various initial draconian lockdown periods in 2020, life at Camphill, while cer-

tainly not returning to normal, started opening up a little, with some familiar activities starting again (e.g. therapeutic services such as eurythmy and physiotherapy) – and not so familiar: one of the more interesting additions has been four of our residents taking up swimming twice a week at a local school's swimming pool – one or two very accomplished swimmers among them!

A personal highlight was our Easter Olympic festival in April this year (cancelled in 2020) where everyone had a chance to let their hair down and have a great time! Real fun and much laughter – and especially so, given the underlying strain everyone has been under.



The residents' committee and forum continue to meet regularly (under Elma's astute facilitation). If you ever had any doubts about their ability to think of others, two of the consistent requests they have (unfortunately not doable just yet) are (1) to do a level one first aid training course and (2) to conduct outreaches to the less privileged in the greater Hermanus Community. How's that!

A big addition to home life has been the introduction of a semi-independent house for suitably able residents. This is being trialled at the moment and early indications are very positive. The residents concerned are grabbing the opportunity to self-determine with both hands, albeit with guidance!

On the social care side, Sally Titlestad, our social worker, has breathed new life into the IDP process for residents (Individual Development Plan) which all parties are appreciating, especially the residents. Sally has also borne the brunt of screening of residents' family visits (as required by Government Regulations), but as a result has developed a good understanding and rapport with the various families – a positive spin-off. Through the generous donation of a family member, we have been able to secure the services of a local occupational therapist – long overdue and very welcome! Our wonderful nursing sister, Marie du Plessis, continues to screen our residents and check on their health.



Life on the farm has continued throughout (farm animals have little 'respect' for pandemics and the like!) with our pastures, dairy herd and dairy operating pretty much as per normal – providing for the Community. The various residents in these workshops get far more than just opportunities to work. Working the land is therapeutic in ways we cannot really tell, only appreciate. We continue to be supplied with eggs, a little bit of honey, seasonal fruit and vegetables and various herbs and spices. Alex, our newly-appointed herb workshop coordinator, is doing wonders in the two herb workshops (growing and processing), re-introducing our herb and spice products to select outlets in the Hermanus community. Thank you too,

Hilda, for all that you have done in these workshops – and so much more in the Community – over the years. Although you are leaving us soon, your ‘stamp’ will be with us for a long time. You have taught us so much and you will not be forgotten!



In terms of our land, our major challenge remains the control of the invasive plants (aliens). The late rains of 2020, coupled with elusive funds to employ alien clearing teams, have resulted in tremendous growth. Alternative actions are being considered, but they all require significant amounts of money to carry out.

Our health and safety committee continues to meet every month in order to keep an eye on various health and safety issues in Community life, as well as to ensure ongoing awareness of and planning around the various risks. Although the fire of January 2019 and its after-effects are receding into memory, the lessons learned are not. Two major fire drills and evacuations have taken place recently, keeping us all ‘in training’ in the event of another fire. In addition, the individual houses and workshops continue to regularly practise their own drills.

Our facilities team continues to function well, despite the challenges associated with an ageing estate and buildings. Our thanks go to George Louw in particular for stepping into the breach after our previous maintenance

manager left at the beginning of last year. Administratively and people-wise it has been a challenging period as well, with a higher than normal staff turnover last year, primarily COVID related. The positive though has been more reasons for staff and volunteer training, for example more induction sessions, first aid training and online general training. In particular, our thanks go to Dr Julio Laset, Sally Titlestad, the Western Cape Forum for Intellectual Disability (WCFID) and Dr. Roy McConkey for their training, wisdom and facilitation of training times.

Our bookkeeper, Jackie Thackwray, recently had a bad motorbike accident which has incapacitated her somewhat, but she is on the mend and is able to do some work from home. We wish her a full recovery!

Not having the young Freunde volunteers from Germany in our Community has definitely put a strain on things. As a positive, though, we have been blessed with a handful of local volunteers who have given of their time and expertise to assist us. Thank you all. I’d also like to make a special mention of the Friends of Camphill Hermanus (FCH) committee. They have continued to support Camphill in various ways in both heart and hand and for this we are extremely grateful!

Once more, I’d like to thank you, the management team, the staff in general and the volunteers, for the beauty of spirit you have all shown throughout this time! There has been a deep and genuine air of care for one another, with you all going way beyond your job descriptions to assist where and when you’ve been able. You are truly the most kind-hearted and durable group of people I know and this Community is all the better for it! Thank you!

Thank you too to the many supporters of Camphill not already mentioned, including the donors who stand by us year after year, the various government departments (in particular the Department of Social Development and, lately, the Department of Health), the wider Community of family members, as well as the worldwide Community of Camphills (who are facing similar challenges). Thank you from my side to both the board of our Community, as well as the Association of Camphill Communities (UK and Ireland) and Geoffrey Weir, in particular, for their and his ongoing and all-encompassing support.

In closing, I'd also like to encourage us all to not live in fear (False Evidence Appearing

Real), but rather to live as much as possible in the moment. The Bunsen burner that seems to control the pace of life has been turned up a few notches, but we do have choice – choice to run faster (until we collapse) or to take regular time out for the here-and-now. Lately (and I'm disappointed that it has taken this long), I have daily been going on short walks throughout the Community, deliberately pacing slowly and looking 'up' at my surroundings. It has made such a difference and I would encourage everyone to consider doing something similar, wherever you are. It's life-giving!

**"Do not fear for I am with you."
Isaiah 41:13**

FUNDRAISING & PUBLIC RELATIONS By Michelle van Zyl



I am still in awe at how everyone here at Camphill has stood together this past year with what has been one of the most challenging periods in everyone's lives regarding the continuous reminder of the COVID-19 pandemic and how it has affected many aspects of daily life.



Sadly, due to the ongoing disruptions of this continuous pandemic, we once again had to cancel numerous PR & fundraising events. The Night of 1000 Drawings was scheduled in December and the residents had an opportunity to submit their personalised artworks for display purposes but with great regret, The First Friday Art Walk galleries made the difficult decision to postpone this event. This unprecedented circumstance that has forced us to place these activities on hold will pass and before we know it we will be back on the streets shaking our tins and welcoming our friends back to visit Camphill!

In the interim we all were encouraged to expand our IT skills as our new world now necessitates zoom meetings, webinars and virtual conferences or events. We were put to

the test when we had to set-up for our first virtual conference at Mercury Hall - The 6th African Network for Evidence-to-Action in Disability (AfriNEAD). On the second day, which was The International Day for People with Disabilities, the residents had an opportunity to join in on the programme festivities such as the live virtual marimba dancing. For once, the time delay one sometimes experiences when live streaming, worked in the favour of the residents who were still 'finding their groove' whilst dancing.



As we continue to face a world of uncertainty, we were astonished by the overwhelming support and generosity this past year. Here are a few of the highlights:

Poultry Garden Workshop residents extend their gratitude to Rotary Club Hermanus for the completion of their new lavatory facility which can also happily accommodate our wheelchair bound residents. As Debi, the workshop leader, always says: 'spades up to you!'



The Mazda Foundation could not have called at a better time, when, during the course of our COVID Thanksgiving Braai, we received astounding news that they were going to grant Claudia's wish - to freely move around the Community in an electronic powered wheelchair! The chair was delivered to the Community with a bright pink bow and shiny-starred balloon. The look on her face brought tears to our eyes as the Community came together to applaud and congratulate her on her new wheels! She has now regained some of her independence and is still beaming from ear to ear.



An extremely generous donation was made to the Camphill Community (Farm and School) from the **Wyss family**. Thank you to Ralph, Janine and Julia for your exceptional contribution. It is because of warm kind-hearted people such as yourselves that we can continue to provide the love, care and support these special people so deserve.

The Department of Cultural Affairs and Sport (DCAS) contributed towards our therapy programmes across all the multi-disciplines intervention: Craft Workshop, Art Therapy, Eurythmy, Music Therapy (Orchestra and Drumming) and festivals.

Camphill Farm Community's mandate is to create meaningful work. Through their work the residents develop technical and social

skills, as well as providing a sense of self-worth by taking part in these disciplines. Thank you DCAS for making a difference in our residents' lives!



Our heartfelt gratitude to each and every Angel from The Angel Network Western Cape for making this particular festive season extra special. Even though they could not be here personally to share in their enthusiasm they expressed when receiving their beautifully personalised gift packs, one could easily sense the spirit of goodwill and joy amongst the group!



**"Joy is a net of love
by which you can
catch souls."**

- Mother Teresa -



Poultry and Herb Garden Workshops each received a brand-new JoJo tank. Thank you to Ann Right (Rotary Club Hermanus); Bianca Harmse and team (JoJo South Africa).

Then on a personal note I would like to thank my fundraising partner, Berna van der Merwe, for her brilliant efforts in sewing up a storm this past year. Her Camphill Berna Bags are uniquely hand-crafted and the attention to detail expresses her passion for what she does best! In addition, we would like to extend our thanks to Alex Upholstery. This project would not be possible without your continuous support and contribution over the years.



We would like to say a huge thank-you to all the individuals and organisations, too numerous to mention: our heartfelt thanks go out to all of you. Please know that your support, commitment and interest in our Community afford us the opportunity to give the best care and support to our wonderful residents in giving them a dignified and meaningful life.




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friends@camphill-hermanus.org.za



FESTIVALS AND CULTURAL By Elma Young

Festivals

St Johns was celebrated with beautiful Eurythmy performances, and a fire to send our difficulties - written down on paper - into the ether.



There was a delightful Eurythmy performance by GERALYN and the residents for Michaelmas. Some solo Eurythmy by GERALYN and a story from Elizabeth.



During Advent we did our annual candle walk to the graveyard to place burning candles (in glass jars, half-filled with sand) on the graves. A special event to remember those of our loved ones who have crossed the threshold – also those not buried in our graveyard. Christoph and Betty-Lou played charming music. A special time.



As a result of COVID, we could not support the school's Advent Spiral. For the first time we celebrated our own one, two houses at a time; with each resident having a turn to walk the spiral, light a candle in the centre

and place it on the arm of the spiral as they came out of the centre. The Reppels and the Lasets played exquisite lyre music in-between.



All four Advent Sundays were celebrated. The second one with Eurythmy performances by the residents and also by GERALYN, JULIO and EMMAUEL LASET, ELIZABETH REPPEL and SANDRA DIEGEL and the third and fourth with a suitable story by Elizabeth Reppel.

Christmas Eve was celebrated by Carol Singing with a Nativity Play.



Three Kings were celebrated by a Three King's story in Eurythmy.



The usual Three Kings' spraying of the periphery of our property (including Camphill School) took place, but for the first time, sadly, no residents were involved and only staff could participate.



Holy Week started with the Palm Walk from the Dairy to the Hall. We celebrated the first three days of Holy Week by two houses doubling up to perform plays on the Bible readings of the specific day. Both residents and staff participated. The plays were charming and a good bonding exercise.



The Fig Tree



Jesus healing the lame and blind



The Wedding Guest



30 pieces of silver



Betrayal by Judas



The Meal at Bethany

For Maundy Thursday we shared a communal Silent Supper in the Hall; in memory of the original Last Supper.



For Good Friday we read poems that contained the Last Words of Christ on the Cross, with lyre music in between.

Easter Sunday was celebrated by Eurythmy performances – by residents and by staff.



Ascension was celebrated by going for a Mindfulness Walk from the Hall up the hill to Castor. Walking past the cows, going round the corner opposite the Office, two of our cows came closer to investigate what these strange humans were up to!



For Whitsun we read St Johns 1:1-5 in 13 languages. English, Afrikaans, isiXhosa, isiZulu, Sesotho, Shona, Dutch, German, Latin, French, Spanish, Philippino, Ilokano (*dialect from Philippines*). It was really special to hear all these different languages.

We were able to continue our Sunday Offering Service – with proper protocols in place. Rev Richard Goodall came for his visits every two months. He celebrated the Act of Consecration of Man, told amazing stories and every now and again gave talks on the overcoming of fear.

Cultural

Valentine's Day was celebrated with a braai at Raphael, with couples from the community being invited.



Movie Nights

Once a month there is a movie night in the Hall, complete with popcorn! A big hit with our residents! Thank you, Bryon!

COVID Thanksgiving Braai

On 24 November 2020 we held a braai for our whole community. Christoph and the Residents' Orchestra started with a delightful performance. There were speeches of thankfulness that we had thus far not succumbed to the virus. Brendon Minnaar, one of our residents, delivered a charming speech. Then Daniel and Christoph played marimbas, and whoever felt the urge, joined them with marimbas or drums. Bruce Fraser (who volunteers in Poultry) catered a scrumptious lunch. Everyone had a great time.



Hikes

Every now and again Debi takes some of the fitter residents for a hike up the mountain or to Volmoed. Even a bit of a drizzle will not stop them! A good workout and much enjoyed.



Camphill Olympics

What a 'wow' day! The weather was perfect. Wheelbarrow races were at the order of the day: three-legged races, hitting stacked tins with tennis balls; potato and spoon races. Some cheating! All in great fun. A communal lunch followed with cake and coffee, of



course! All staff and residents participated happily – even if only as part of the audience. Nobody wanted the day to end.

**"The only disability in life is
a bad attitude."**

- Scott Hamilton



RESIDENTS

Nicky Adriaanse



I grew up in Cape Town. From 10 years old I stayed with my stepmom, Maureen and my dad. When he passed on, I still stayed with Maureen.

I worked in crèches, also private, looking after babies until 3 years old. I loved doing that. I came to Camphill about 2 years ago. I moved into Castor after Valentine's Day. Camphill has changed a lot since two years ago. But I like it. I have nice friends. I enjoy living in Castor – no stress, nice and peaceful. We went through the fire, now COVID – it is taking very long to get the vaccine. I am now 51 years old. I work in the Egg Garden. It keeps me busy and alive. I make pesto for the houses. I change the nesting for the laying hens. I help people – I walk them to their houses. I am starting to do Yoga. I like the dancing and the Board Games Thursday afternoons are very interesting. I like Fridays with GERALYN's Group Eurythmy.

Jonathan MacPhail



I grew up in Johannesburg on a half-acre ground. I lived in Johannesburg until I was 25. Then I moved with my parents to White River – I lived there for 8 years. I came to Camphill for an interview. I was shown

around the workshops. I liked it. I went back to White River. I stayed in Pollux for my two-week trial, then went back to White River. My sister and her family went to live in Australia and I came to live in Camphill, in Cinnabar. I work in Crafts, helping Erika with messaging, getting the attendance register, getting the milk. I like to walk around to see how beautiful Camphill is. I enjoy privacy. I enjoy being more independent now that Castor is a more independent house. I listen to advice, but it is up to me to make a decision.

**Our Residents do not live in our
workplace. We work in their home.**

Residents Committee



*Nicky Adriaanse, Brendon Minnaar,
Robyn Grant, Mark Meyer,
Duncan Badnall, Catherine Potton*

Board Games and Camphill Toastmasters are both initiatives of the Residents Committee.

Residents Forum

This normally takes place once a month. Just about every resident attends and everyone has a chance to say what is on his/her mind.

Out of the residents Forum came the idea of picking up litter one Saturday morning. We managed to pick up some litter that had escaped the sharp eyes of the Estate Team!



Camphill Toastmasters



We celebrate our toastmaster in a Camphill way. Staying on the topic does not necessarily happen, but everyone who attends wants to have a turn to speak. Great fun.

A warm welcome to Chris Thompson, who was here previously as a day resident, now fulltime resident in Pollux.



A sad farewell to Caroline Bradley and Anthony Lemmer – we wish you both a great future.



In Memoria

Sandy Harper 5 July 1964 - 27 March 2021



Sandy left Camphill nearly two years ago. She recently died after a struggle with cancer. We remember her with fondness. She was a great help when we still had our Distribution Store, weighing oats and spices and repackaging them in smaller packets. The Candle workshop also benefitted from her dedication. In later years she went to work outside – at Fruit and Veg and also at Green Ways, a local health shop, where she helped with weighing and

packaging. She left Camphill to go and live with her sister. We remember her with love and fondness.

In the same week Kira, our doggy friend, also died.

She was found many years ago on a busy street in Cape Town and was rescued by Frank and Cinnabar residents. When Frank returned to Germany, Kira was taken over by Sandy and also Barbara Langridge and Sylvie Matz. They took care of her, making sure she was fed and taken for walks. Of course, being Canis Africanus she could not wait to make a

getaway and go for a proper run around the Community! She moved with Barbara and Dale to Labora where she lived to a ripe old age. Kira gave much love to all residents in Camphill and is missed by all.



SOCIAL CARE By Sally Tittlestad (Social Worker)

Social Care training in Emotional Resilience



From May to December 2020 two consecutive groups worked on developing more emotional resilience. We learned basic resilience and then advanced techniques of halting emotional amplification.

We learned that taking our emotional temperature was the beginning of learning to 'wait a minute', practise one of the calming options, and then to think about ourselves in ways that build us up instead of judging

ourselves for what is outside of our immediate control.



Both groups were very fruitful and led to the development of an ongoing group working on regulating our emotions under pressure. This group has been working on using mindfulness to expand our ability to tolerate emotionally distressing situations. At the same time we are using the practice of gratitude to develop emotional balance and to help us recover when we are triggered by a situation.

The group is dedicated and working very hard. The practices have helped numerous residents be able to better identify what they are struggling with and has led to them being



STAGE 1: BODY AWARENESS

What does my body tell me?
What happens to my body when I feel things?
Where do my feelings live in my body?
Happy? Sad? Angry? Content? Scared?
Excited? Threatened? Eager? Tired?

What happens when they expand? Contract?

What happens when they grow too big?

Listening to my body



STAGE 2: IDENTIFY TRIGGERS & THOUGHTS

Help each other see where what happens when things start getting tricky
What goes on in our heads?
What do my thoughts tell me?
What does my body do then?
How thoughts affect feelings
Keeping it in perspective
Keeping in control of my thoughts and myself



STAGE 3: STOP & RE-THINK, REFRAME

Stop strategies: How to make it stop
How to stop the feelings
How to change the thoughts
Changing thoughts is hard!
Be patient, ask for help
How to grow the positive?

STAGE 4: GROUNDING & CREATIVE

Keeping cool,
Finding my place of self control
Finding ways to keep in touch with my real self
Dignity matters

Feeling the feelings and keeping them from running away with me

Setting my steps

Practising my steps



PRACTICE YOUR PLAN AND ADJUST = GROW YOUR HIVE OF RESILIENCE

able to identify their 'triggers' better. We continue to support one another and to develop our ability to 'stop in our tracks'.

Occupational Therapy

Thanks to a very generous donor we have been able to hire a part time Occupational Therapist since January 2021. Annetta Saaiman joined our therapeutic team and runs two groups per week – a movement group for residents that need bi-lateral movement practice, and a problem solving skills group that also works on relating skills. She assists in preparing the individual reviews and is assisting with documentation across the organisation. We are so grateful to have her and look forward to a long association!



"How much richer is the primeval, antique language of direct contact and Socratic give-and-take? Because it is not only words that matter in it. What is important, and frequently paramount, is what is communicated wordlessly, by facial expression, hand gesture, body movement."

- Ryszard Kapucinski -



WELLNESS PROGRAMME

Still being effectively in lockdown, we carried on with morning workshops and our wellness programme in the afternoons. On the whole our residents love this.

Yoga – Debi Diamond

Weekly yoga classes are held in Mercury Hall where about 30 bodies spread out in a circle. Our hourly class has a seriousness to it as we all gain strength in our bodies, quieten our minds, stretch and the best part - 10 minutes of deep relaxation, roused by the sounds of a Tibetan bowl. There is also great humour in our classes, as much banter happens between residents, and unplanned belly laughs erupt. Most residents are regulars, and it is inspiring to see how, over time their confidence in their physical bodies is improving.

Drumming - Daniel Kamber



We always had fun, that's absolutely true, no matter who was there and whatever the weather. We formed a good band base and made our music and drum beats at all times - real and enjoyable teamwork. After each session I like to say: "Wow, that was a session!"

Therapeutic Art and Creativity Classes – Ashleigh Temple-Camp

The art processes continued to serve as containing, safe, therapeutic and expressive

outlets for residents throughout this challenging COVID period. The sessions were definitely of personal value to each resident and they rarely missed a session except if they were away or ill.

Over this period there was a long and beautiful journey into colour, starting with an ornate colour 'display' each week of each individual colour. Colour is both food and medicine for the soul. Individuals painted with different tones of the colour and did wax rubbings. They also dressed and ate food of the weekly colour. The rainbow experience was followed by painting with primary colours, exploring secondary colours and finally complimentary colours which were explored in partner and group 'swop' activities. All this took place over several months. Challenges were overcome and personal thresholds crossed. Works that were not taken home were made into a group 'patchwork'. Therapeutic themes included 'the incredible shrinking experience' where 4 parts of the brain were explored and expressed, and 'heart mapping' where different 'chambers' or aspects of the heart were explored. A course involving different aspects of being human through using the elements of earth, water, fire and air as symbols for expressing body, emotions, thoughts and spirit was experienced. These kinds of exercises promote self-awareness, self-acceptance and opens the mind and heart of the individual. They allow for the residents to explore and accept sometimes challenging things about themselves in a safe, contained way. There is also always a focus on development of fine motor skills.

Due to COVID we did not have an exhibition

on family day. The residents did create works for The Night of 1000 Drawings, but this was postponed due to COVID. The works are still with the organisers.



The 'Creativity Hour' project that initially started as a 'lockdown project' continued until the end of February 2021 when an Occupational Therapist joined the team and took over. This was a relaxing time for residents where they could enjoy arts and crafts and draw from the innate therapeutic qualities of the mediums and techniques. The various projects each took place over several weeks and included 'Special Me' collage boxes, magazine mosaic spring garden pictures, decoupage tins and a therapeutic clay course of 6 sessions. Each project boosted the confidence of each resident as the items they made were beautiful, gift-worthy and of value to them. All of the projects improved fine motor skills and taught them valuable skills.

The Christmas Angel project happened in the two open houses over the quiet end of year time providing a fun, creative time for the remaining residents.

All in all, a very therapeutic year despite and alongside COVID.

Mindfulness Walking – Elma Young

Mindfulness walking is done to bring one into the present. To become aware of one's surroundings, the wind or sun on one's skin, flowers, birds, etc. and also, to walk quietly in single file. There is a question of balance and awareness of the one in front of you in order not to tread on heels. When we started two years ago, we were not very quiet or very straight, but we are getting so much better. Interestingly, it is often the ones who normally walk slowly, who pass the line and walk ahead!

Story Telling – Alex Guenther

We are a group of story tellers/readers, who are joined by 20 to 30 residential listeners every Wednesday for about 30-40 minutes.

While the weather was pleasant, we sat outside on the lawn as much as possible, although we have moved inside the Hall towards winter due to the cold and rainy weather. Everybody seems to enjoy the variety of stories being told or read, as each storyteller chooses his/her own story.

The residents are always listening and concentrating so well in this mind-stimulating free-time activity, which is a joy for readers and perceivers alike. At the end of the session there is a discussion of the story where we can appreciate the engagement and understanding of the residents.

Elizabeth Reppel, although not part of the story telling group, has been telling stories, at times after Library on a Saturday, or after

Eurythmy on a Friday afternoon. Lately she has been going to Raphael to tell stories there. Many of our festivals also benefit from Elizabeth's stories. Having been a Waldorf teacher for many years and also a puppeteer, she is an ace storyteller.



Farm Orchestra – Christoph Reppel



The Farm Orchestra is a group of around 20 residents with whom a piece of music is created which they can play together and with the aim to give the audience something worthwhile to listen to. Since the Farm Orchestra differs somewhat from a conventional orchestra here is a short overview of what it consists of. The players are put into sub-groups consisting of the following instruments: two solo players, one recorder and one cello player; a group of 4 cello players; 4 bell-chime players; 5 lyre players; one percussion player (drum and cymbal). Each gives us a different sonority giving us a rich experience. All the residents have taken part very enthusiastically. Mastering their instruments give the residents a deep sense of achievement.

Swimming – 'Camphill Plonky Penguins' Michelle van Zyl

'CathyG have you guys thought of a swimming team name yet?' 'Yes!' And so with great enthusiasm the four residents,

Dale, CathyG and Betty-Lou, who are ex-Special Olympic swimmers, and Michael have nicknamed themselves the *Camphill Plonky Penguins*.

They are admirable swimmers who started training at the end of November last year, at Curro Hermanus Independent School's indoor-heated pool on Tuesday and Friday mornings. The residents select their own lane and swim at their own pace. We are exploring possible open water swims in the near future. However, during the course of the winter months we will stay indoors! The joy and freedom experienced whilst training has improved their co-ordination, social skills and self-esteem immensely.



Eurythmy - GERALYN LASSET

The Eurythmy (a form of spiritual movement) programme with the farm residents covers three areas of focus: individual therapies, group Eurythmy therapy and artistic Eurythmy. Around 30 people participated in these activities during the period of which 12 residents had individual therapies for their specific conditions.



For the individual therapies, each resident was led into appropriate movement exercises addressing his or her illness with a healing influence on specific areas within themselves that are weak, deformed or not functioning. The exercises include movement arising from the sound gestures of speech, rhythmical exercises, moving geometrical forms and skill exercises using balls and copper rods. The residents experienced two therapy periods during the year consisting of seven weeks, with half an hour sessions done twice a week. Most of the residents made some progress in the therapy, enjoyed the gentle exercises and appreciated moving with their limbs in the Eurythmy. In order to understand clearly the conditions of the residents and the reason why we are conducting a movement therapy such as Eurythmy with them, we initiated several meetings between therapist, doctor and house leaders. In these meetings, we discussed the nature of illness arising from imbalance in the various members of the four-fold human being (physical body, etheric or life body, astral body, ego or I) and the therapy aims with Eurythmy. There were lively discussions among those involved in the meetings about the conditions of the residents in therapy and the appropriate interventions needed. It is also worth noting that the year 2021 is the 100th anniversary of Eurythmy therapy in the world. Eurythmy therapy was established in a therapy

course for doctors and Eurythmists by Dr. Rudolf Steiner in 1921 and since then has grown tremendously and is widely used in Camphills, Waldorf Schools, Anthroposophical clinics and hospitals around the world.

We continued with the group Eurythmy therapy for strengthening the immune system during the period which was initiated after the lockdown. Around 30 residents attended three therapy periods of seven to eight weeks, with a one hour session per week. Each period dealt mainly with problems related to a weak immune system such irregular breathing, lack of warmth (cold hands and feet) and lack of resilience or resistance against illness. Future group sessions will be dealing on other areas affecting the immune system such as anxiety and stress.

There were many contributions made for the festivals with artistic group presentations in Eurythmy during the period.

Dancing – Sue Hodson



Dancing began weekly when we established a wellness programme in COVID lockdown. Ashleigh Temple-Camp first led this and later it was taken over by Sue Hodson, a qualified dance and drama teacher. Sue has the residents extending themselves with co-ordination and working together, and has everyone UP and having fun in the group

together. We are enormously grateful to Ashleigh and to Sue for their generous gifts of time and skill, from which the residents benefit immeasurably.

There are many benefits of dance for people with special needs, regardless of their different abilities. These include (but certainly aren't limited to): overall physical fitness; improvements in flexibility; strength and motor skills; an increase in confidence and self-esteem; an outlet for creativity and imagination; excellent stress relief.



Physical fitness is so important for everyone's overall health, body, and mind. Traditional exercising is boring for many people, but dance is fun. Residents get their heart rate up, while having a good time and feeling like they are part of something.

Motor skills are also improved with dance because it focuses on strength and coordination. And as we dance, our posture and balance improve as well. We have introduced some chair dance exercises which have their basis in Dance for Parkinson's. These are very well received and are beneficial to all.

Self Esteem. A dance class is also a fun and safe environment to learn and grow in. Odds are everyone is learning something new and has not yet mastered any of the skills. Therefore, they are able to bond with other

residents in the common goal, and as a result, may promote better social and interpersonal skills.

There aren't any rules when it comes to dancing. Through dance, residents can express their emotions in a way that might not be easy to express verbally. They can imagine the best way to move in their minds, and then physically create the movement with their bodies.

Stress Relief. Any exercise relieves stress, but the creative outlet that dance provides may alleviate more stress than other forms of physical activity. Dance can be physically, mentally, and emotionally therapeutic. Residents can leave it all on the dance floor, so to speak! The overall general sense of well-being at the end of a class is encouraging and the enthusiasm with which residents come to class, is heart-warming.

Board Games and Social Space – Bryon Sharpe



The social space/board games have moved in the D-store on a Thursday afternoon. Here the residents have a variety of activities that they can partake in, such as two pool tables and a table tennis table. There is an exercise bike which is popular with certain residents!

Music is also played in the background for those who want to dance or just relax.

The board games and puzzles, which used to be in Protea, have been moved here. All the residents who participate have tons of fun.



"We are social beings and our brains grow in a social environment."

- Eric Jensen -

Library – Hilda Hechter

Our library has been going strong for many years. We are part of the Provincial Library and from time to time we receive new books. Some of our books are also donations. There are also many DVDs. Every Saturday afternoon is Library and our residents love taking out books and DVDs.



HOMELIFE REPORT

There is never a dull moment in **Cinnabar**. The residents are bit loud: they love parties and outings. We celebrated Agnes' 56th birthday on 9 May, we are looking forward to Oleg's on 28 June and we are planning to go out soon to Spur for lunch. Some days are good and some days are challenging, but we are all healthy and on the whole happy.



Pollux has been in good spirits and has welcomed Chris Thompson almost effortlessly. All the residents have been performing their house duties without any issues and they seem to enjoy most of what they do. There has been a very positive response to the food in the house and the residents always have compliments about the food.



Raphael residents found the Corona Virus pandemic a challenge. Wendy turned 60 and we had a big birthday celebration for her. Everyone was so happy and the birthday seemed continuous because every month one of the residents in the house had a birthday. Everyone is very happy in the house. A few months ago we went to the beach for the first time since lockdown and it was a wonderful experience for them to be outside again. They were dancing and enjoyed every moment of the road trip; they still talk about it.



Everything is going very well in **Protea**. We have had new additions to our home, Egon Bonthuys and Mark Meyer: we now have eight residents and two staff members. Everyone has adjusted well to these changes and we have a good constellation of people who agree well with each other, are helpful to and considerate of one another.

Everyone is naturally relieved that we now have more relaxed COVID rules since the country moved to level two, and that they can spend time with their families with the proper protocols in place.

We have been on several outings, especially with ice-cream, for long walks on the beach; some residents who regularly went to town enjoy the opportunity to take turns going once a week with me. Residents and staff also went out to the Spur for Sean Metcalfe's birthday in April, which everyone thoroughly

loved – the Spur being everyone's favourite place.



Labora has always had an inviting atmosphere, although new staff experienced challenges and had to learn to understand the residents and how to support each one. The residents are doing well with their house routines. Dale is a master at Board Games and often involves the others in them.



Melissa residents were not happy when Luzette left the house after many years as House Leader. Luzette, still living near Melissa, helped the residents to settle down without her. Living through this difficult time of the pandemic and having to follow protocols was not easy at all and Melissa's residents are looking forward to being vaccinated. On the whole the residents are doing well in Melissa.



Since February 2021 **Castor** has been a more independent house with currently three residents. They are working extremely well together. When there are disagreements (few!) we sit down and the challenge is quickly sorted. There is a lot of laughter and giggles in the house! Walking along Grotto Beach and going for a coffee afterwards has been a highlight.



Christmas at Camphill

This year the Christmas period was lovely. With more than half of the residents on holiday, and many of the staff on leave, we decided to move the rest of the Community into 2 houses, namely Protea and Raphael.

It worked out very well, and the residents who couldn't go home really appreciated the activities we had at Camphill for them. Going on outings, spending a lot of time at the swimming pool and doing things together as a Community.

Christmas lunch was also one to remember. We divided the people in the Community into two groups, with one group having lunch in Naledi and the other in Raphael.

The Christmas Eve Festival was also a very special occasion, with almost everyone attending.

One of our residents, who usually goes home over Christmas, was actually grateful that she could spend Christmas at Camphill as it was so much fun.



Training – Sally Tittlestad and Julio Laset

With the lovely large group of new staff we started focussing on developing a deep understanding of the Camphill ideology and processes in our new house leaders and assistants. At times we were joined by other staff as well.

We have undertaken learning and associative development of COVID protocols with WCFID on numerous occasions.

Topics that have been covered are:

- Understanding and defining intellectual development (working from a WCFID publication)
- Social Therapy aspects of Camphill
- The three essentials of Camphill
- Living in community
- The threefold aspect of man
- The spiritual aspects of festivals (Advent, Easter, Ascension, Whitsun, St Johns and Michaelmas).

- Identifying our power in situations and using it in empowering ways.
- Empowering ourselves and empowering the residents.
- Understanding and then managing challenging behaviour and setting up a positive behaviour programme.
- Understanding and choosing positions with human dynamics – gossip in the workplace.
- Specific conditions – working extensively so far with the autism spectrum, which included case studies and watching a movie on the life of Temple Grandin, a woman on the spectrum who did a lot towards the understanding of Autism.

Julio and Geralyn Laset have had training and information sessions regarding individual residents with their house leader regarding individual Eurythmy sessions.

New staff had two mornings of induction of the history of Camphill and all aspects of our work.

Hananja Donald from The University of Stellenbosch Nutrition Department did a training session on nutrition with all house staff. In June some of her final year students came and completed meal planning sessions three mornings per house, which included meals for special diets.

**Leadership and learning
goes hand in hand.**

New Homelife Staff



Arlene Fortuin, Zameka Nqwiliso, Phillreanne Louw and Prudence Ndlovu.

Welcome to Claudine Vertuin's (AHL Melissa) new baby girl, Shanine.



Thank you and goodbye to Eastlynn Nelson-Tansley, who left after one year, and especially to Karin Laubscher, who was with us for ten years. She was with us previously for 2 years as well. She was an ace at alien clearing and wore many hats.

Apart from being House Leader, Karin was also on management and on our board as well as Camphill School Board.

WORKSHOPS

Craft Workshop – Erika Nagel

The objective of Craft is to maintain a calm atmosphere to keep the residents peaceful and occupied. We keep busy with knitting, weaving, crochet, card making, puzzle building, typing, reading and office admin.

Judy McKenzie ordered 5 knitted rugs and the main activity since 2020 has been knitting these rugs. As a result of the COVID pandemic, the workshop time was reduced to mornings only. Although that slowed down the knitting process, some of the residents are already busy with the fourth and fifth rugs. The others are knitting gloves, beanies and knee blankets. On Thursdays they are involved in card making, puzzle building, colouring and art. David Cumpsty works on the computer and Jonathan MacPhail helps with office admin.

A generous donation enabled us to buy new equipment for the Workshop. The magazine donation leaves two residents reading nonstop. This is all much appreciated.

We compiled a workshop duty roster of fetching milk, making tea/coffee, washing up, sweeping, emptying the bin, washing the tea cloths and fridge. The residents follow this roster diligently.

Throughout the morning the residents listen to CDs of their own choice which creates a relaxed and merry atmosphere in the workshop. The music is therapeutic and improves productivity. Music has proved a necessity in the everyday routine.



Herb Workshop Part 1 (until November 2020) by Hilda Hechter

Rowena left Camphill Community in April 2020, shortly after the Corona Virus lockdown started. Theo (every alternate week) and myself were left to carry the garden until a suitable replacement could be found.

This was a long process with several unsuccessful applicants until Alexandra was found. Winter months are cold and mostly wet in the Overberg and very little actually grows during this period. It is an opportunity for the

garden to get a rest and a spring-clean, while residents often get inspired and involved in other activities within the workshop; this continues also during the heavy spring rains

from October onwards. Whenever possible we clear garden-beds from previous harvests, add mulch and prune where required, like roses, tulsi, lemon verbena, etc.

Herb Workshop Part 2 (November 2020 to now) by Alexandra Guenther

Our organic herb garden consists of 5000 square meters and was only partly cultivated when I arrived, due to the lack of helping hands, after COVID 19 drove volunteers back to their home countries. In the beginning of this year I found a new assistant (Taku) who is not only an experienced gardener and extremely hard working, but also loved and respected by all residents due to his kind and humble nature. Taku quickly learnt how to work with the residents and especially Peter, who is also a hardened gardener of many years; the two of them immediately became an inseparable team.

While Taku develops the garden and ongoingly feeds, turns, sifts and spreads our own compost, together with some of the residents, others plant seeds and raise seedlings in our nurseries together with me. At the same time our indoors processing workshop is at full 'production'. Once plants are ready to be picked and cut in the garden, they are brought to our 'stripping team' inside or on the verandah of the workshop. Here leaves, seeds and/or flowers are separated from stalks, taken upstairs for drying and once dry, are ready for further processing and packaging.

In the last few months we have created an array of beautifully packaged products, some of which consist of lavender happy-hugger pillows and our own hand-filled teabags; an endeavor I have started earlier this year and it has taken off in no time.

Though our workload is immense due to the herb workshop's full cycle work system (from seeding to selling the finished product and every step in between), the beauty of it is that each individual resident finds his/her own role depending on interest, skill, ability and wish.



While Joel, for example, loves stripping lavender and rosemary (we have created 'Joel's Rosemary Salt' because of it), Robyn cuts the sunflowers whenever they are ready for sale, Oleg plants seeds and transplants seedlings, Anette does a bit of everything, Sharise hand fills (each one with the exact same amount), seals and packs teabags, Catherine weeds and mulches, Hendrik grows chillies... and the list goes on!

Everyone involved here in the herb workshop has the freedom to choose the task he/she likes to do, but at the same time gets motivated to try something new and is brought gently towards his/her maximum ability. This doesn't only apply for the

residents, but also my whole team, which I am delighted to say consists of 'nearly' 6 people at present: Taku - our full time assistant in the garden, Mbali - our full-time volunteer who loves all the inside work, live-in-volunteer Bryon - working with us two days every week, wherever needed, Hilda- who is always there in the mornings when we need extra hands (ears and eyes!) or advice and our latest addition, Theuns from Onrus- gifting us with his time and support on Wednesdays. Thank you so much to each of you! Many thanks also to our latest team addition: 4 Indian runner ducks, who control our pests, give us eggs, are pretty to look at, never complain, always work hard and ask for nothing in return (other than a little extra food for the night!)



A warm welcome to:

Alex Guenther as Workshop Leader joining us along with her husband and daughter.

In November 2020 I took on the co-ordination of the Herb Workshop here at the Camphill Farm. My name is Alexandra Guenther, I had volunteered and was a house-mother at Camphill



School from 1999 to 2003; thereafter I started and ran for 13 years, together with my husband, a home and farm for people with intellectual impairments (Ikhaya Loxolo) in the rural former Transkei. Due to my extensive German training as an educator for people with special needs, I was able to train the local amaXhosa people in curative education as well as all aspects of running such a community (similar to Camphill); Ikhaya Loxolo is still running strongly today.

Gwata Takudzwa as assistant and Mbali Fourie and Bryon Sharpe as volunteers in Herbs. Bryon also lives and helps out in Pollux and has been very active with movie nights, board games/social space and hikes.



We thank **Hilda Hechter** for years and years of community spirit. Although she officially retired some years ago, she still helped out in the herbs, as well as running the tuck-shop and the library. Hilda has been a real Camphiller. Always helping where needed! Thank you, Hilda, from the bottom of our hearts. We shall miss you. We wish you all

the best for your new venture in Bethulie.

In her own words:

19 years of life at Camphill Community Hermanus



I arrived at Camphill Community Hermanus on the second day of August 2002, after answering an advertisement for an herb gardener in the then Namaste

magazine - there must have been some synchronicity involved because the advert was so small, at the bottom of a page in a corner. At that stage I was ready for a new career, at the age of 62. Having gained much experience growing medicinal plants and general gardening principles through several years, I applied and was appointed as the new Herb Gardener. Yvonne Mego was dealing with applications and her kindness and expertise guided me.

I was given a room in Melissa house and stepped into Community life without a clue of what was awaiting me. Never before in my life had I met and least of all had a working knowledge of people with disabilities...

Soon the adventure started. With my first walk through what I was told was the Herb Garden, I was shocked and surprised as there was hardly any indication that this was actually a garden. Except for a few Lavender plants there was nothing else of promise. Inside the workshop were two or three young volunteers, dangling their legs from the tables they sat on with one resident, Wendy-Sue, stripping leaves from some Lavender cuttings.

I was so blessed to have another volunteer, Inga Carriere, who was also interested in the garden and volunteered for two years. She was a graduated architect from Germany; a multi-talented lady who supported me in ways that enabled me and her to create a workable project. Soon enough we picked up the irrigation pipes and started planning and planting.

All the while I lived in Melissa where I was fully involved with volunteer responsibilities as well. Sylvia Read was the House Leader, but she soon moved to the old Weidehof and was replaced by Karin Laubscher as leader in Melissa. Soon afterwards Karin also resigned and I was left in the role of House Leader as well, with full responsibilities for several residents. Jane was our cook then and it was a great blessing and support for me to have such an accomplished cook and housekeeper next to me.

Meanwhile the garden was developing slowly and more and more residents were placed in the Herb workshop. It has become a reality and a garden enterprise in its own right.

True to the short-term volunteer system new applicants arrived to help in the Community. Another volunteer qualified as house leader for Melissa and I was duly removed to Labora to take over as House Leader when Frances Anderson resigned. Not long afterwards Elma arrived as volunteer in Labora. As soon as it was realized that Elma was equipped and capable to function as House Leader, I saw an opportunity to become a full-fledged Herb gardener. Negotiations and inquiries went back and forth in order to find a suitable place for me to live. Ruth and Irma (left long ago to a higher calling) offered me the old Leather workshop which was no longer

in use. Management approved a bathroom, created from an old storage space, and other renovations that turned it into a liveable space which became my dwelling for the next sixteen years.

As time went by the Herb Garden and workshop developed to a stage where we could actually invite customers and the garden became a fully-fledged Medicinal garden and workshop.

In those days gone by all staff members were required to attend the management meetings on Monday afternoons (how we moaned about sitting in a circle in the Library). A meeting that lasted until the very last moment at 5pm when workshops closed and House Leaders had to be at home. On a regular basis we were also required to attend management meetings along with school staff. These meetings were held in St John's and lasted until at least 11pm. Sometimes it was raining and we had to slog home in the mud, dead on our feet – to be up again at the crack of dawn to run our workshops and homes.

When Inez and Christian Zyglia resigned and about to leave I blindly volunteered to take on the co-ordination of the fleet cars. Two days before they left I asked Christian whether he could give me some guidelines on how to handle the responsibility. His answer was an abrupt "It is too late now", which simply meant that I had to find my own way. I worked out what was required and set up a new system. For several years it worked smoothly.

But then the entire system changed. Permanent staff were no longer volunteers and became salaried employees. I was now

beyond retirement age and no longer employee material.

A replacement had to be found to run the Herb Garden/workshop. Soon a person was found with the right background and talents in Rowena Bell. I reverted back to volunteer status and continued to enjoy the garden work. During those early days we did not have a garden assistant. Shortly before Rowena arrived Trevor was appointed as our first assistant, sharing him with the Egg Garden. Young volunteers were still coming to us from various countries, which the residents always enjoyed. Often we were blessed with dedicated youngsters who were keen to learn and serve. Many times they remained in contact with us, sending messages and photos. It also happened that some even returned for a visit, which was always a highlight for the residents. After a while Trevor resigned and we were blessed with a newly employed assistant, Theo Funani. All and everyone loved Theo and enjoyed working with him.

During October 2012, an unfortunate accident occurred in the garden. While I was securing the nursery shade cloth on a slope, I was approached by a resident who was also previously injured in an accident and at the time very unstable. He came up to where I was working, lost his balance, grabbing me by my shoulders while I had nowhere to hold onto and pulled us both down the slope. He landed on top of my right knee, crushing it. After complicated surgery and three months in a cast, I could eventually walk again. The Great Creator blessed the accomplished surgeon with the ability to restore broken bodies. What was a great help at that time was the fact that I had a dedicated gardener as a short term volunteer, plus a young volunteer who was dedicated to

service. With their help the garden never floundered. They often brought processing work to my room so that I kept in touch. During this time we even had a huge birthday party in my room – Halina Rubisz and I shared a birthday and she took it upon herself to organise this event - tables were brought in and on the day they groaned with all kinds of cakes, biscuits, ice-cream and cool drinks. All and everyone was welcome and especially enjoyed by our residents.

After Rowena's arrival I gradually withdrew in order for her to orientate herself and build relationships with the residents in the Herb garden/workshop. All went well until the lockdown happened at the outbreak of the Corona Virus in 2020. Rowena decided that she was unable to function under lockdown conditions and resigned. From April 2020 until November 2021 I had to step back to a fully involved workshop leader. In the meantime I also volunteered to run the Tuck shop after Karin left; also continuing with the Library, which I had already been doing for several years. These are activities which are much enjoyed by our residents and we were not about to discontinue them. A monthly "magazine" with stories and articles, jokes and puzzles was also a favourite for some time until I discontinued that when our workshop activities were re-organised so that residents only worked during mornings until lunch time. Then there was more than enough therapeutic entertainment during week-day afternoons.

Eventually, Alexandra Guenther appeared on our scene, along with husband Michael and little Salomé, who soon stole many hearts. Alex proved to be the most accomplished gardener this garden had ever seen. While I lack the talent for marketing, Alex proved to be

totally competent in this area as well. (This delighted Sam!) I am a chronic 'giver away'.

This brought me to my final chapter. With a few years left of my life I decided to leave Camphill Community Hermanus to pursue life in the outside world, realising fully that this will be a challenging venture. I have grown so used to the protection/safety inside the Community and can hardly imagine what life away from it would involve. But a change was inevitable and I had to create space for a younger, more energetic and innovative person, who could contribute to the well-being of resident life. The residents will always be close to my heart as extended family, as well as some colleagues I am leaving behind.

Farm Report - Duncan Clews



One could say that three C's define the work that we do on the farm at Camphill: Care for Residents, Care for Animals, and Care for the Land.

We are very lucky to have a strong & supportive team with an excellent spirit, and the ability to pull together through the good and the hard times. Egon Bonthuys and Brendon Minnaar are two residents with many years of experience working with the animals, and on the farm in general. Egon excels at tasks that require attention to detail, and he has an extraordinary memory for detail regarding events that have happened regarding all the cows and calves in the herd. His willingness to help out whenever needed - come wind, storms or high water - is greatly appreciated. Brendon Minnaar has a long history at Camphill, Hermanus as he joined the Farm Community when he finished at Camphill School. He has a wonderful repository of stories about the School, including memories of many of the House Leaders and volunteers going back almost 2 decades. He excels at fixing things and is always at the front of any repair effort. Catherine Potton has a profound bond with the animals and is a stalwart of the weekend milking team. Masixole Mthini is in his second year at Camphill as a Farm Assistant, and is leaving a wonderful mark in the community on a range of levels. Our volunteer Martin O'Carroll spends the mornings with us, and has added greatly to many facets of the farm operation with his energy and aptitude for all things mechanical. Prosper Kadonha has recently joined us as a Farm Assistant, and is fitting in well with his gentle demeanour, while learning the ropes of what we do here.

Our herd of Jersey cows excel at producing rich and creamy milk that is the basis for a range of nutritious dairy products supplied to the community. In exchange for this, Jersey cows also need special treatment, and we go to great lengths in summer to irrigate our

pastures so that they can enjoy lush green grass and clover. The cows naturally also produce little ones, and we've been blessed with a number of healthy little calves in the past year. These are a great highlight in the community and we often name them after a resident when this will bring joy and meaning.

Other aspects of the farming operation include the Bee workshop which is slowly being rebuilt after the devastation of the fire. While honey production is much lower than what it was before, we are still providing honey to the houses, and especially to residents who suffer from hay fever and pollen allergies.

Invasive plant control is a major challenge as the germination after the fire of vast seed stores held in the soil far outstrips our ability as a farm team to remove them. We are doing our best to source funding to help in this regard.

In conclusion, we would like to thank everybody from both near and far who supports us in doing what we do here. Your help and presence are greatly appreciated.



Prosper Kadonha, our new farm assistant.

**To plant a garden is to believe
in tomorrow.
- Audrey Hepburn -**

Dairy - Duncan Clews

At the heart of the farm lies the Dairy where the milk from our herd of Jersey cows is transformed into a range of delicious and nutritious products for the houses at Camphill. Apart from creamy milk, the dairy also produces yoghurt, mozzarella cheese, butter and ice cream.

The Dairy team of Yolisa Dudumashe, Gerhard Rudolph and Betty-Lou Miller has been together for many years, and each member is an expert in their particular field.

Betty-Lou excels at the making of butter and takes great pride in the whole production process. She also helps on Mondays and Thursdays when products are dispensed to the houses. Gerhard Rudolph has been a mainstay of the dairy team for many years and loves everything to do with cleaning and organising. He also spends a good amount of time outside, and keeps all the channels open around the milking parlour and dairy. Yolisa makes the yoghurt and has also perfected the art of making delicious mozzarella cheese.



The Egg and Food Gardens – Debi Diamond

By July 2020, the country's lockdown status started to ease and we could begin bringing in staff to assist. However, my colleague Theo

Funani, was one of the few staff members who agreed to lock down in the community with us, and having him on board was greatly appreciated.

He worked mainly in the Herb Garden Workshop, however, having him in Camphill allowed the residents from both workshops to have access to his calm and fatherly disposition.

The residents were by this stage of the lockdown still greatly unsettled. They were experiencing levels of anxiety around all the uncertainty, fear of how the pandemic was unfolding, frustration at not being able to be with their family members, etc. The list of anxieties was endless and different for each resident. Our role as CareWorkers kicked in to another level, and more attention was given to the residents to try and ease their understanding of what was unfolding.

Having our Social Worker, Sally Titlestad was another gem in the mix. Sally's competent and efficient manner in soothing the residents and assisting in the co-ordination of Camphill's approach, really assisted us as Care Workers, to care for our residents.

I would like to take this opportunity to thank my colleagues for the manner in which we dealt, and continue to deal with 'Iris the Virus'. One of the ways in supporting the residents in our workshop is through humour – they came up with the name!

Both gardens and the hens provided an environment that was conducive to supporting the residents through this time. Gardening tasks had to be done and the daily tasks of tending to the land and chickens

provided a much needed routine and plug in with Nature which helped reduce tensions. The poultry garden is now in its 14th year, and although we had much damage from the 2019 fire, most fruit trees gave their best, and there was great glee when residents were asked to harvest figs, lemons, apples and mulberries during spring and summer.

As we follow Biodynamic gardening methods, the residents were involved with the various sprays that are done to enhance the soil fertility and general intelligence of the gardening system. These are carefully planned according to the Biodynamic calendar and aligned with the planetary system.

Stirring a Biodynamic spray for an hour, is a great method of calming the soul. And something as simple as cloud gazing is equally as soothing.

Once we were given the green light to go on a workshop outing, we quickly arranged (before the restrictions changed!), to head over the valley to De Bos Dam. We had been learning about water and trying to put in place water conservation and observation lessons. A lovely outing was had by all, and we finished it off with a toasted sarmie and milkshake at our local Plaaskombuis.



The working hours of the residents had changed from full day to half day; this too had a knock on effect for daily tasks. However, we managed to find a way and most importantly, the residents began enjoying the variety of wellness programmes offered to them in the afternoon. And it seems like they are firmly engrossed in being half day workers!

The small food garden, which is still under construction is able to give us some produce for the houses. Spinach seems to be a favourite, and depending on which pest raids our garden, we are able to supply spinach, carrots, peas, aubergines, tomatoes, cabbages, leeks, potatoes, onions, salad greens and beetroot. The residents take turns to assist our volunteer, Bruce Fraser with the house deliveries once a week.



Some residents, have taken a real interest in how food is produced from a garden; learning the cycle of seed harvesting to planting up, transplanting, harvesting and distributing. I have great joy when I watch these residents take pride and enjoyment in their work.

During this time, we have continued to partner with the Hawston Hospice Food Garden, providing resources such as cow manure, seedlings and advice. Our working visits to their garden, are always a delight when we see what progress they are making... Spades Up Melun and team!

Facilities – George Louw

The facility team consists of the following staff members: George Louw (acting manager), Michael Jantjies (painter and general maintenance), Fihla (gardener), as well as a new member Jerome Julies (driver and part time facilities). The full-time residents in workshop are Dale Muir, Duncan Badnall and Mark Meyer. Brendon Minnaar and Richard Berrington attend the workshop two days a week. Each of us have our own daily task and the team works very well together.

While Michael and myself usually attend to the maintenance in and around the houses, Fihla and the rest of the team make sure that the grounds are neat and tidy and that the lawns are well kept. They also tend to the potholes in the roads, keep the drains and gutters clean, help with bush clearing and clean the reservoirs.

We are ever grateful for our generator that kicks in whenever there is a power cut or loadshedding, which is powerful enough to provide electricity to the entire Community.

Big storms in June 2020 and May 2021 created a fair amount of damage around the estate, especially when Porcupine Spruit came down in flood (damage to the car port and cars, roofing, foot-bridge and cables, house flooding, etc). The farm and facilities teams worked well together in limiting the destruction and effecting repairs.

Two big projects in the poultry and Community food garden workshops have taken place in the past 12 months, being the construction of a fully-equipped ablution block and the replacement of the damaged

fencing right around the two workshops. (For the duration of the fence construction, some of the affected residents joined Facilities.) Our heartfelt thanks to the donors who made this possible ([Rotary](#) and [Mr Spike Hermanus](#)).

Attention needs to be given to the Phila Centre roof, our main centre for therapies. Although safe, it is very old and will require complete replacement in the near future. This will be an expensive exercise and will require a combined effort to determine the best option and to raise the necessary funds.



Jerome Julies our new driver - always willing, always smiling. He also helps out in Facilities when his driving duties allow.

DONATIONS (April 2020 - March 2021)

Donor	Amount
DONATIONS - GENERAL:	
Andrew McKenzie	45,500
Berna van der Merwe	8,360
The Department of Cultural Affairs & Sport	34,117
ER Tonnesen Will Trust	70,000
The Carl & Emily Fuchs Foundation	10,000
Glenn Jordens	400
Graham Muir	47,000
Gray Trust	30,000
Hyman Goldberg Foundation	5,000
Investec	1,700
Jeanne-Marié Botha	400
Mathers Trust	30,000
MySchool	6,410
Praktijk Clara Bartelds	4,646
PSG	2,500
Ralph & Julia Wyss	500,000
Ray Potton	104,500
Simone Tritten	3,499
Simple To Give	2,553
Terence Rex	1,200
The Joan St Leger Lindbergh Charitable Trust	100,000
Yves & Mandy D'Halluin	20,000
Yvonne Mego	3,000
Other	1,108
Sub-Total - Donations General:	1,031,892
OTHER FINANCIAL SUPPORT:	
Association of Camphill Communities (UK & Ireland)	360 000
Sub-Total - Other Financial Support:	360 000
GENERAL DONATIONS - GRAND TOTAL:	1,391,892

We would also like to say a huge thank-you to all who contributed in kind (e.g. craft material, plants, garden equipment & services, carpets, games, JoJo tanks). You are too numerous to mention by name, yet your donations to promote the wellbeing of the Camphill residents are so gratefully appreciated!

It would, however, be remiss of us not to make specific mention of the following donations in kind (thank you to the following organisations!):

Rotary Hermanus: new poultry workshop pathway & ablution block

Mazda Foundation: Claudia Peyerl's electronic powered wheelchair

Mr Spike Hermanus: part-sponsorship of the poultry workshop perimeter fence

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



"It may be hard for an egg to turn into a bird: it would be a jolly sight harder for it to learn to fly while remaining an egg. We are like eggs at present. And you cannot go on indefinitely being just an ordinary, decent egg. We must be hatched, or go bad."

- C.S. Lewis -



Camphill Farm Community Hermanus

Quality of life for adults with intellectual disabilities



Anthroposophy is not intended to be an abstract, lifeless theory that caters only for people's curiosity; nor is it meant to be a means by which just a few people try, selfishly, to attain a higher level of self-development for themselves alone.

What it can do is to collaborate on solving the most important tasks of contemporary humanity, and supporting developments which enhance human well-being.

- Rudolf Steiner -



Proudly supported by Office National Hermanus



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