



Camphill Farm Community Hermanus

Quality of life for adults with intellectual disabilities



ANNUAL REPORT 2022



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Hermanus

Quality of life for adults with intellectual disabilities

WHO WE ARE

Camphill Farm Community Hermanus (CFCH) has provided residential care and supported work for adults with intellectual disabilities since 1978. This rural Community is currently home to 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.

TABLE OF CONTENTS

Chairman's Report	1
From the Executive Manager's Desk	3
Fundraising and Public Relations	8
Festivals and Cultural	11
Residents	21
Volunteers	23
Social Care	27
Occupational Therapy	29
Activities	32
Homelife Report	37
Workshops	39
Donations	47



CHAIRMAN'S REPORT

by Raymond Potton (Chairman)

Our annual report is a wonderful opportunity to pause for a moment and reflect back on life in our Community over the past 12 months – and, as usual, it has been eventful while at the same time very rewarding.

The year has been tinged with sadness at the passing away of one of our directors, Dennis (David) Trojeski, on 6 September 2021.

A father to Bram, a husband to Joan (previously deceased), a friend of many, David was involved at Camphill for over 50 years in one form or another, as a parent, as director, as chairman and as vice-chairman. A more involved Camphiller you would be hard-pressed to find! I fondly remember travelling with David to Camphill conferences overseas on numerous occasions and his insight into and learnings from Camphill internationally was always brought back 'home' to our Hermanus Communities. His sense of humour, too, was delightful, never more so than on these trips.

A whole-Community memorial gathering was held at Camphill in November and it was quite something to see the residents themselves pay homage to David – and, most precious, to offer words of comfort and support to his son, Bram, a resident at Camphill. He will be greatly missed! The board offers its sincere condolences to the family, in particular: Bram, Susan and Kevin.

Of course, I cannot omit to make mention of Covid and its impact throughout the past 12 months. In last year's report I expressed hope that the Covid virus would be less life-

threatening, more manageable and far less disruptive. I'm pleased to report that this is so now, despite two outbreaks of the virus in our Community (a minor one in June 2021 and more than a dozen people right at the start of 2022 – non life-threatening, I'm glad to say).

Almost all our residents have been vaccinated, with at least one booster injection – and our thanks go to the local [Department of Health](#) for facilitating these vaccination processes. They went out of their way to ensure everyone was made as calm as possible as they faced the needle!

As we emerge from the pandemic, life in the Community has kick-started again, with more and more outings, more in-person meetings (such a joy to meet with the 'whole' person again!) and more visitors coming back into our Community. The weekly Saturday Hermanus parkrun that comes through Camphill Hermanus has also started up again!

I'd like to specifically thank our Covid task team (6 staff members) who bore the brunt of facing the unknown from the start of the pandemic back in March 2020 and ensuring the Community's safety as much as possible, by putting various protective measures in place (not all well-liked, but absolutely necessary) and keeping everyone as informed as possible along the way. This team formally met 75 times over almost 2 ½ years to unpack and plan around the Covid implications – this in addition to their 'day' jobs.



As also mentioned in last year's report, invasive alien plants (IAPs) continue to present an enormous challenge to our estate, as indeed they do to all landowners in the Hemel-en-Aarde Valley. While various methods of eradicating them have been explored (including drone-spraying), nothing beats teams of people on the ground, knowing what they're doing, armed with chainsaws, poppers and environmentally-friendly herbicides. To this end we have teamed up with Hermanus Hackers who are assisting both the Farm and School Communities. Our thanks to them for helping to address this challenge. Of course, we'd be fools to think that we can deal with this issue once off; it will be a significant amount of work each year and we are now re-planning and re-resourcing for this.

It would be remiss of me not to thank the residents who call Camphill their home. Each year I am reminded of just how much they continue to be our teachers – it really does cut both ways – as they roll with the challenges and yet still bring much joy to each other and indeed to us all. One resident, on hearing that the young German volunteers were leaving after their 12-month stint said: "well they might be leaving, but they'll forever be in here!" - and he put his hand over his heart... I can also speak from a very personal experience that if you ever want to really enjoy a birthday, then come and have it celebrated by the residents at Camphill. They have a knack of making one feel so special!

Lastly, I'd like to again take this opportunity to thank various people and organisations who have been so instrumental in their support over the last 12 months:

- To you, our funders, our donors and supporters. You have continued to support us,

despite the pressure I'm sure you have felt – from all sides! Thank you too to those of you who have just quietly gone and bought gifts of various kinds and dropped them off at Camphill – no fanfare. These too have been greatly appreciated!

- Thanks again to the Association of Camphill Communities (UK and Ireland) who continue to support us both financially and in other ways. They always provide us with a sense that we're not alone in our Camphill journey! They have, as usual, been more than willing to share their wealth of knowledge of many Camphill Communities and have taught us so much from their past experiences and current international best practice in regard to how best to support our residents – and indeed our staff and volunteers.
- Thank you especially to Geoffrey Weir, my fellow director and chairman of the board of directors of Camphill School Hermanus, who continues to support both Communities, despite his frustration of being 10,000 kms away! (It was wonderful to have Geoffrey here in person a few weeks ago, the first time since March 2020.) Geoffrey somehow manages to carve out significant time for us, even with all the pressures on his side. His support over many years (financial and in various other guises) has been invaluable. Thank you, Geoffrey!
- To Camphill School Hermanus: you are wonderful neighbours and our mutual cooperation across many areas (shared facilities, invasive plant clearing, security, festivals and events to name a few) is so appreciated. We wish you well as you

celebrate your 70th birthday this year!

- To the Friends of Camphill Hermanus and their committee, who have continued to support our Community, despite the frustrations that Covid presented (limited access to the grounds, plans having to be curtailed, meetings online rather than in person etc). They have also brought valuable international resources to our table that have greatly assisted in the overall support and care of our residents and staff.
- To you, our staff and volunteers. So much rests on you to provide the love, care and support that our residents need and you just do it! You soak up the joys and the challenges that intellectually challenged people can bring, as well as the often-unseen issues that Community life brings.

And this coupled with Camphill being a charity and therefore needing to make use of limited resources. You are greatly appreciated, as individuals and as a group. Thank you!

- Finally, and equally importantly, to my fellow board members. It seems as if each year now is a year of challenge and change, to go along with the joys and good times in our Community. And yet you all continue to attend meetings and provide much needed helmsmanship to our Community as we navigate these stormy seas. You are greatly valued, each and every one of you!

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

BOARD MEMBERS (to March 2022)

Ray Potton (Chairman) • Esther Zietsman (Vice-Chairman)
Geoffrey Weir Bsc FCA IBA • Elma Young • Julio Laset
(David Trojeski (deceased) - board member until 6 September 2021)

FROM THE EXECUTIVE MANAGER'S DESK by Sam Hodson



A futurist's article that I read recently referred to 'turbulence' as being the new normal, both globally and locally. I think this is an apt description of how the past 12 months have been, in our Community, in our country and world-wide, as we all slowly transition out of Covid and into a post-Covid/more

online era, with loadshedding complications! This raises interesting questions and opportunities as to how to continue to provide top-quality support and care for our residents



going forward. The overarching answer: by having a great team of people with huge hearts, both inside and outside our organisation!

The year was sadly characterised by the passing away of three people directly related to our Community: David Trojeski, one of our long-standing directors, and two residents.

Hilda Hechter retired in the middle of 2021 (a big gap left in her wake) – gone (to the Free State), but not forgotten!

Life under/coming out of Covid



Ultimately we couldn't keep Covid out completely and a dozen people came down with the virus in early January 2022, putting us all into a bubble lockdown and onto high alert. Fortunately no-one was sick enough to require hospitalisation and everyone affected made a full recovery.

Booster vaccines were administered in two tranches (December 2021 and February 2022) with very little side effects. Our thanks again to the local Department of Health for facilitating this process. A special thanks again to Dr. Tilla Muller, our local GP in Hermanus, for always being available to offer reasoned advice on various Covid (and other) matters. My thanks also to my colleagues on the Covid

task team. What a wild ride, but the way we pulled together as we navigated the unknown was amazing!

Although there was an overwhelming sense of tiredness during and after the Covid outbreak, a renewed sense of energy and life has slowly been returning to everyone in the Community. One of the silver linings of this pandemic has been that we have continued to conduct simple daily health checks in the group homes and we now manage everyone's health symptomatically. Even the social worker, initially all all-consumed by Covid screenings, has now been able to concentrate much more on her 'real' job, especially Individual Development Plans (IDPs) and admissions of new residents.

Keeping in Touch with other Camphill Communities

Being part of the wider international Camphill Movement means being able to tap into decades of wisdom and experiences of other Camphill Communities around the world. At the outset, I would like to add my thanks to the Association of Camphill Communities (UK and Ireland) – and to Geoffrey Weir and Colm Greene in particular – for their unwavering support of not only our Community, but also the other Camphills that make up the Camphill Africa Region (CAR).



The CAR Communities met online in May this year and were again able to share much about the unique challenges in supporting the intellectually disabled in Africa. In addition, one of our staff members represented CAR at the annual Camphill Movement Group Meeting online - held at the end of May in Ireland; many delegates managed to attend in person as well. So much relevant information (best practice, etc.) gets shared which directly benefits our Community.

Community Life

As you page further through this annual report, you will read much more in depth as to how we rock and roll here in our Community. Here are just a few snippets of some of the happenings throughout the last 12 months:

- The Camphill festivals (e.g. Advent, 3 Kings and Whitsun) continue to be celebrated as fully as possible, despite Covid limitations. Always a joy and a consistent reminder that there is much more to this world than just the traditional senses...
- The Residents Forum (all the residents together) continue to meet once a month – always a font of good (and sometimes very imaginative) ideas – and the Residents' Committee (7 people) meets with the management team on a regular basis.
- Some of our residents were part of a ten-day resident swap with Camphill Village West Coast, our sister Community just north of Cape Town. Always great fun as they have friends there too – and also very healthy to get a different perspective on Community life!

- Our workshops are now operating all day and not just in the mornings, but with the afternoon wellness programmes (that started in Covid lockdown) continuing, giving the residents a choice – to either attend their workshop or a wellness programme.



Life on the Farm

Camphill's location on a farm in the Hemel-en-Aarde Valley is a constant – a daily – reminder of the privilege of being able to look out across pastures, look up at mountains and gaze at farm animals (among other benefits). Very uplifting for the soul – and one of the main reasons why Camphills around the world have settled on farm land as their chosen venues for

therapy and healing. But this doesn't come without its challenges, though... (as any farmer will tell you).

- Invasive plants (IAPs) continue to be a major headache in our part of the world and on our farm. In addition to Hermanus Hackers, I'd also like to thank LandCare and the Flower Valley Conservation Trust for all their assistance this past year, with a special mention to the Greater Overberg Fire Protection Association and the Walker Bay Working on Fire team for both their advice and the clearing of the continuous fire break through our property. We have also met more regularly with our neighbouring landowners to combine resources and efforts to meet this scourge.
- Our Poultry and Community Food Garden Workshops were the grateful recipients of a baboon-proof electric fence around their boundaries. Our thanks go to Mr. Spike Overberg for covering some of the cost of this much-needed fence.



- The Onrus River Rehabilitation Programme, on hold because of Covid, will hopefully get back on track in the New Year – with oversight by Working for Wetlands. Thank you, LandCare, for assisting in the removal of IAPs from the river area.

Life on the Estate

Our Community has now been in existence for 44 years, a testimony to those who had the vision to start and continue with an organisation of this nature. While there is little doubt that the residents, staff and volunteers who live on the premises are uplifted daily by these surroundings, the ageing estate provides its own ongoing challenges:

- Our buildings are generally old and in increasing need of proper and regular – and costly – maintenance;
- Veld fires are a constant risk, but a renewed emphasis on invasive plant clearing, coupled with regular whole-Community fire drills, keeps us on our toes. Our thanks goes to the local authorities (e.g. the Fire Department, Disaster Management) for their constant support and advice on best-practice, especially creating defensible spaces around each property. We also undertook a successful combined evacuation drill in May with Camphill School in which both Communities evacuated to a pre-arranged site some two kilometers away. A good reminder for many of what should be done in a real-life situation – as happened back in January 2019!
- Our health and safety team meets monthly to assess and mitigate the various risks across the Community, with an increased emphasis on security and safety generally. These are troubled times in South Africa and we're constantly aware of the need to protect this Community, both inside the estate and externally.

And lastly – Thank you!

As always (and thank goodness!) – there are many people and organisations I am privileged to thank, for their contributions and roles in our lives:

- To you, our beloved residents, our teachers, our gifts: without you and all your characters we would not have any reason to be here! You bring a joy to our hearts and smiles to our faces as we share life together, as well as providing a healthy perspective on matters that is often missing in other realms of life. Thank you!
- To the various government departments, both local, provincial and national (including the Overstrand Municipality, the Department of Social Development, the Department of Health (especially the Provincial Hermanus Hospital) and the Department of Agriculture): you have stood by us through the worst of storms and provided much-needed support and advice along the way, this despite your own challenges! Greatly appreciated!
- To you, the donors and funders, both new and those who have stuck by us during all seasons: thank you for supporting our Community, in the midst of the huge and increasing need 'out there', be it financially or in kind, be it tangible or intangible. It's a well-worn cliché, but we just couldn't have continued without you. Your journeying with us has been significant beyond words.
- Thank you, Camphill School Hermanus, for our ongoing associative working together as sister Communities. The food donations received during your School holidays when

you were closed were gratefully received too. Especial thanks to Jeanne-Marié Botha, the School principal, as we have journeyed together through thick and thin!

- I'd also like to add my thanks to the Friends of Camphill Hermanus committee who provide another much-needed angle of support in terms of volunteers and promoting Camphill at venues such as the Hermanus Country Market. This in addition to sourcing experts internationally in various fields to spend time training and building up our staff and volunteers. So valuable and so appreciated!



- Last, but most certainly not least, my personal thanks to my fellow colleagues: the management team, the staff and the various volunteers in our Community. Another crazy, beautiful year; never a dull moment as we navigate the times of our age together! I was reminded recently that a Community like ours is like an orchestra and that each instrument is important to the overall sound that this orchestra creates, both the harmonies and the seemingly discordant notes. But somehow it all comes together because each person wills it to be so – and that is what makes our Community so resilient in the face of change: it's because of you... Thank you!

FUNDRAISING & PUBLIC RELATIONS by Michelle van Zyl



Let me start off by saying that we have come out stronger, braver and little more accepting of our situations and surroundings since the start of the pandemic. However, one cannot rest on one's laurels (as we still face a world of uncertainty, especially from a fundraising point of view) but it is wonderful to return to a world with certain aspects of 'normality' to it!

This past year we continued to receive overwhelming support and our heartfelt gratitude to each and every donor, friend, partner and organisation who supported us one way or another – THANK YOU for making this past year a little bit easier despite the crushing challenges many people faced in their personal capacities.

Here are a few and special mentions looking back on this past year:

On a colourful note, after a scheduled postponement due to the Covid-19 pandemic, The Night of 1000 Drawings which forms part of the Hermanus First Fridays Artwalk was back! The residents, who participate in Therapeutic Art, had already submitted their works prior to the postponement of the event and were delighted to hear that they were finally going to have their A5 works displayed in Art Alley. This was also the first event the residents attended since our lockdown, so you can imagine their excitement when they received the news that they were going to town! This annual event encourages artists to donate their A5 works which are then displayed at

various galleries and available for purchase to the public. The proceeds raised are then donated to beneficiaries selected prior to the event.



Keeping to the theme of art, the majority of the art residents had an opportunity to participate in the Paralym Art World Cup 2021. The Paralym Art World Cup is an international competition which was hosted last year for artists with disabilities to shine! The theme was: *Express what SMILE means to you.*





The resident's artworks surpassed everyone's expectations and we decided to present these creative works at an art exhibition which was hosted at the prestigious Bouchard Finlayson Winery, in the Hemel-en-Aarde Valley. In conjunction with this exhibition, we presented an online silent auction, which ran a week prior to the exhibition. Family members and friends who were not able to preview the lots in person, could then view the bid catalogue on our website and make a virtual bid. In addition, and part of a much deserved celebration, we concluded the event with a Community picnic outside on the lawn at Bouchard Finlayson. We would like to extend our sincerest thanks to Johann van der Merwe (Marketing Manager at Bouchard Finlayson) who assisted this event by producing a promotional video for this specific occasion.



Leading up to the Christmas period, from 13 to 24 December, we started getting into the festive spirit, when we received the news that we had been selected as the beneficiary for

the Checkers gift wrapping station at the Whale Coast Mall Hermanus.

As customers hurried out with their Christmas gifts we were ready to cut, wrap and paste up a storm. The Camphill staff and volunteers mastered their wrapping skills and the Checkers customers were happy to make a contribution towards our endless efforts and sharing in our benevolence right up until Christmas Eve! Thank you to everyone who supported this particular fundraising initiative and to Checkers Hermanus and Western Cape Checkers who afforded us this welcoming experience.

The Christmas cheer continued when The Angel Network Western Cape partnered with us for the second successive year, by presenting beautifully personalised gift packs for the residents who spent Christmas Day at Camphill. We truly value our partnership with these extraordinary angels!



2022 started on a prosperous note when The Mazda Foundation contributed essential items, namely an electronic powered wheelchair for the residents of Raphael House, wheelchair ramps for the bus (providing ease of access on and off the bus specifically for our wheelchair-bound residents) and essential speed traffic signs for the entire Community. Their ongoing

investment in the lives of our residents allows them to live a dignified and meaningful life!



Onwards and upwards the year continued to be 'eventful'. We participated at the Tokara Rare Plant Fair and Open Garden in April, with drive and gusto! We were invited to be both a presence at and a beneficiary there this year. Both residents who attended the event were overwhelmed and very honoured to be part of the team. Sean felt especially gratified, as he had an opportunity to hand out personalised gifts, which he made himself, to the individuals who supported our stand. Hendrik was part of the process of cultivating the plants from seed to pot and was delighted to see how the public marvelled at his handiwork! This was such an enjoyable awareness initiative and a fundraising opportunity for us

– our whole-hearted thanks go out to everyone at Tokara Wine Estate!



This past year has been an encouraging journey with all our donors who contributed in kind, however I would like to make a special mention to the following organisations in particular;

- Alex Upholstery and beach house Hermanus for striking materials donated towards the making of the Camphill Berna Bags.
- Cay's Clothing Boutique who have donated knitted blankets for the past two Madiba Days, 2021 - 2022.
- Hermanus Rotary Welfare and Development Trust NPO and Labdoo, for donated laptops.
- The Village News for media coverage.

Thank you to all the individuals and organisations, too numerous to mention: your support, commitment and interest in our Community is highly valued because you are investing in lives!

On a personal note, it has been an extraordinary year of self-reflection here at

Camphill. To quote our Executive Manager, "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". So on that note I implored our acting Farm Manager, Duncan Clews, when one of our calf's requires to be bottle-fed please let me have a go!



I was in awe at this incredible affectionate experience between mom, calf Nettie and myself. In that moment, I found resounding cognisance with what George Eliot said; "Animals are such agreeable friends - they ask no questions, they pass no criticisms".

In closing, I would like to thank my fundraising partner, Berna van der Merwe, for her endless contribution of sewing unique hand-crafted material bags. The proceeds raised from these sales affords us the opportunity to continue in giving the best care and support to our wonderful residents!



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FESTIVALS & CULTURE by Elma Young

FESTIVALS



We celebrated St. Johns Festival the Sunday after St. Johns. Geralyn and the residents performed Eurythmy to a St. John's verse and to the song, *Flames of St. John*, which all sang with Betty-Lou accompanying us on her recorder. Geralyn achieves wonders with the residents.

Geralyn did her wonderful Eurythmy with the residents again for the Michaelmas Festival.



The Laset family also performed a Eurythmy piece for us:



Our volunteers made beautiful Advent Wreaths with the residents and everyone had great fun.



We celebrated the First Advent with a Spiral for the entire Community. Our 4 German Volunteers were beautiful angels (very 21st century with cell phones! – this was, however, before the residents came in!) They set it all up and helped with the clearing up afterwards and had fun doing it.





Every Advent Sunday there was a Festival with Eurythmy, music and stories – generally by Elizabeth Reppel, but the last Sunday Dolly and Nicolene (House Leaders' Pollux and Labora – did the honours.



Sandra Diegel took a group of residents to Vergelegen for carol singing.



On Christmas Eve we had our own carol singing, with Emmanuel Laset on piano. German volunteer, Lukas Filipp played the cello. At Christmas we always read about the birth of Jesus from the Gospel of St. Luke. Quite a moving atmosphere can arise as the 'shepherds' kneel around the crib.



The German volunteers, with the help of Elizabeth Reppel and Zuko Kili, presented a Three Kings Play – very beautifully done. The stirring and spraying of the three Kings Preparation was conducted, sadly, without the residents.



Easter was a busy time. It started with a palm walk on Palm Sunday.



Two houses at a time presented plays based on Bible texts for Holy Week. It involved everyone in the houses – residents and staff. At times the practices felt like a Charlie Chaplin movie, but in the end all went well.



Silent Supper on Maundy Thursday was beautiful and peaceful.



The last words of Christ on the cross was celebrated with poignancy. Lukas, again played beautiful cello music for this occasion.

On Easter Sunday Geralyn and the residents performed beautiful Eurythmy and Elizabeth Reppel presented a lovely play. In Elizabeth's

words: *This Easter, we let them act the story of 'The Donkey' from the brothers Grimm and we had great fun with it. The overcoming of his donkey limitation by the central character through learning to play the lyre in spite of his hooves is a reflection of Christ overcoming the limitations of death and is especially suitable for our people. The play was repeated for those who were not here over Easter. Several characters did especially well, remembering their lines (with only a bit of prompting for some). Those with speaking parts were Emmanuel Laset (donkey), Duncan Badnall (music man), Roy Polonsky (King), Robyn Rose Grant (Queen), Andrew Uys (old King), Sally Adams (Princess) and Mark Meyer (servant). The second time around was pure joy to watch.*



We all survived the bubble lockdown in January – some more than others! Each house had a slot to go walking and on the Sunday each house did an in-house Sunday gathering – see Melissa House below.



Ascension was celebrated by a short talk, followed by a Mindfulness Walk up to Castor.

For Whitsun St John 1:1-5 was read in 17 languages: English, Afrikaans, isiXhosa, isiZulu, Ndebele, Sesotho, Tswana, Shona, Dutch, German, Latin, French, Spanish, Portuguese, Russian, Pilipino and Ilocano. Lukas and Betty Lou provided the music.

Rev Richard Goodall still came every two months, keeping our spirits up. He gave a very uplifting talk about death and dying.



CULTURE

Most of our residents and some of the staff who missed out the first time, had the J&J Covid Vaccines on 15 July. It went remarkably well, with most residents taking it calmly. Having a sucker plus a cookie and tea afterwards was a great help! When the boosters came everyone took it in their stride.



We said goodbye to Sister Marie du Plessis with a communal meal. It was much enjoyed by all. As the weather did not play along, we had it inside. There were many speeches and Chetna grabbed Sr Marie for a dance!



We were fortunate in finding a new nursing sister, Sr Frances Hendriks in Sr Marie's place.

We celebrated Ray's 70th, with speeches, lovely food and great fun.



At Elma's 70th, the Paralympic Art was displayed around the walls. Daniel Kamber and residents played marimbas and drums. A bit deafening at times, but great fun! A huge thank you to Ray for sponsoring!



Many of our residents participated in the local Hermanus Night of a 1000 Drawings (which the previous year was cancelled due to Covid). Local artists each donated an A5 drawing to be sold for charity. Our residents, needless to say, were very pleased with their contributions!



For Heritage Day, there were braais with various houses combining forces. Great fun was had!



We had an end-of-the-year communal meal on 10 December together with a fashion show (ladies and men participated), and dancing to *Jerusalem*. We have some natty dancers!



Afterwards there was cricket on the Village Green. Always a hit.



The next day we attended the Paralympic Art exhibition at Bouchard Finlayson Winery, which we ended off with a picnic on their lawn.



For the Christmas break only three houses remained open. This meant that some residents had a holiday in a different house. There were many communal activities during this time. Some residents and staff visited Camphill West Coast for their monthly market day.



Father Christmas came for a surprise visit!



On Christmas Day, residents had lunch at Raphael and Protea. They really enjoyed their presents - and their food, of course!



Christmas Lunch

Houses got together for a communal lunch on Christmas and had a *jo!* on New Year's Eve.



New Year's Eve

Between Christmas and New Year, the residents and staff went for a river boat ride in Stanford and had lunch on the boat.



Outside activities continued and they went swimming in the pool at Camphill School and laid low!

In 2022, we held a Valentine's dance. The Hall was decorated by the German volunteers. Great fun was had by all!



Simone Tritton, a fundraiser/PR from Humanus Haus (a Camphill Community) in Switzerland, visited for a month. She helped out at the School and the Farm, wherever needed. The residents loved her.



A highlight (as always) was the Easter Olympics, on the Wednesday after Easter for the whole Community. It was a perfect day, weather wise, and great fun. It ended with a feast of boerie rolls.



Exercise

A regular exercise activity is the walk after supper, on Thursday evenings. During the winter months, when it becomes cold and dark, we usually stop this activity. However, there were a couple of times that a group walked with torches inside the Community. Tuesday evenings Zumba classes are replaced with movie nights for the winter months.



We celebrated Catherine Potton's 40th birthday with flair. Her parents, along with her brother and family, also attended. There was dancing and an amazing sit-down lunch.



We had a combined evacuation practice with the School, involving the Fire Brigade, Traffic Police, etc. Quite a performance, but it went smoothly.



Being able to have more house outings as things opened up, made our residents very happy.

After a long absence, due to Covid, the Kairos Eurythmy School final year students gave us an amazing performance. It was very well received!



...the more you become a connoisseur of gratitude, the less you are a victim of resentment, depression and despair. Gratitude will act as the elixir that will gradually dissolve the hard shell of your ego – your need to possess and control – and transform you into a gracious being. The sense of gratitude produces true spiritual alchemy, makes us magnanimous – large souled.

– Sam Keen –



RESIDENTS

Anet de Villiers

I am a sixty-year-old lady. I have been at Camphill since 1991.

For many years I did the ironing for the priest and I did it very well.



I have lived in Cinnabar with Frank Spieker, then in Labora and now in Pollux. Sometimes the hill is too much for me, but I have the use of a shop-rider, on loan from Rotary Club Hermanus which helps a lot. In the beginning it was hard to drive, but I am getting used to it.

I help Dolly a lot in the house. I like things to be neat and tidy.

I love working in the Herb Garden. I prefer it to the afternoon activities. I help to keep the workshop clean and tidy.

I'm a home body and prefer to do things in the house. I always look for things to do. When Gerhard brings the wood for the fireplace, I like to pack it neatly. I like to keep busy.



Chetna Vallabh

I have been at Camphill since 2014. I like it here. This is my home. I like yoga and dancing. I'm a good dancer. I'm happy. I like Craft work-

shop where I knit blankets. I like Art with Ashleigh. I like painting there. I like OT – I play with a ball. I like to clean Castor and Raphael. I lived in Castor, but now I live in Protea. I like outings. I work very hard. I baked cookies with Simon.

Residents Committee, Forum & Camphill Toastmasters

The Residents Committee, Residents Forum and the Toastmasters continue monthly. When the topic was birds at Toastmasters, one of the residents came forward and said: "I like birds. And I like whales." That was his speech! Another topic was India. Curry was a favourite of many. Period! One time we talked about our favourite food, which also developed into our least favourite as well!



The Residents Committee also takes place every month and 2 representatives of the

Committee attends management meetings once a month as well. They love doing this!



Robyn Grant, Catherine Potton, Duncan Badnall, Nicky Adriaanse, Chetna Vallabh, Brendon Minnaar and Mark Meyer,

We wish them all the best and thank them for their hard work.

We welcomed Sr Frances Hendriks to Camphill Farm Community.



4 babies: Arlene's Aron, Yolisa's Okwenam, Zama's Blessings and Zandile's Lwandle



Okwenam; Chetna with Aron; Blessings; Lwandle



Resident who have left:
Robyn Rose Grant – after spending most of her life at Camphill (Farm and School) we wish her all the best on the next phase of her life's journey.

New Resident:
Welcome Sarah Shultz!

In Memoria
David Trojeski, Bruce Wilson and Roy Dominion

Comings and Goings
We also said goodbye to Alex Guenther, Masixole Mtini, Farm Assistant (and volunteers: Jaco, Emile, Martin O'Carroll, Mbali)



Jaco Mbali Alex



Masixole Emile Martin

Sadly, David Trojeski passed away. He has been involved with Camphill – Farm and School for 42 years. David was the chairman of the combined School and Farm boards, and then the Farm Board for many years. Until his death he was our Vice-Chair. We had a Memorial Gathering for him. So many of our residents remembered him with fondness. His wise words and sense of humour are missed at our Board Meetings.



Bruce Wilson passed on Christmas day. After the Lasets sang to him, he had may visitors and opened his presents. Then he went to sleep and quietly crossed the threshold. We held a Memorial Gathering for him on 12 January. For the first time we did it on zoom as well, with everyone talking into the mike. It went surprisingly well, although with some hitches... On 24 February we interred his ashes in the graveyard and had a coffee bar in his honour.



Roy Dominion's sudden death on 1 May was a shock for our Community. We held a Memorial Gathering for him on 26 May. Afterwards we scattered his ashes in the Egg Garden as per his parents' wishes. The Egg Garden was his happy place. After the scattering we gave Roy an Egg Garden farewell by all crowing like roosters!



Lots of people passed away too early...without a reason. When we look at the sky we like to think that they look back at us. We remember them often...in the morning, at night...a date...a song... a place...a smell...

VOLUNTEERS



Lukas Filipp

Simon Schoenberger

Franka Voss

Thea Hempten

We're four German volunteers between 18 and 21 years old, coming from different cities in Germany. After finishing our Matric last year, we decided to leave the country and to explore the world by helping at a place where help is needed.

With Camphill Farm Community Hermanus we found the right spot for us to spend our year of social service.

We're living together with the residents and staff members in different houses on the Farm.

We support in the houses, for instance: by helping to prepare meals and to interact with the residents. Furthermore, we're part of the workshops, helping to maintain and to develop them, as well as supporting the residents with their daily tasks.

What the residents love about us, is that we have a lot of time to spend with them. We sit together, relaxing in the sun, chatting, helping with problems and having a good time.

With our non-South African cultural background, we bring new ideas into the Community. We're exchanging about music, language, habits and food and act like peers towards the residents.



Simon: I'm working on the Farm, helping with the cows (which includes milking). Our main tasks are maintaining the pastures and fences and helping with other necessary jobs for the community (such as organising firewood, collecting cut branches and helping with gardens around the houses). I personally like the different jobs of physical work on the farm and social work with the residents in the house and during the afternoon activities (telling stories, playing board games and simply talking to the residents I meet when walking through the community). I love this

place and I'm very thankful for all the experiences I had so far.



Lukas: I am working in the Maintenance/Facilities Team and the Herb Garden. At maintenance we are only a little group, because the work is very physical. We're busy lawn mowing, maintaining the roads and gardens, providing the houses with fire wood, gas bottles etc. If there is anything to repair we're also on the spot.

In the Herb Garden Workshop I'm most of the time in the garden. Together with the workshop leader and our outside group we're busy weeding, planting, mulching and harvesting. We're preparing the beds, sifting compost, working in the nursery, seeding and transplanting. Sometimes I'm helping to deliver some vegetables and plants to shops in town.

Both Workshops are great fun! I love the physical work, being outside and surrounded by a lot of nice and lovely people. In the afternoon I'm busy in the different activities or the house. Leaving Germany for one year and working here was the best decision! Thanks for all!



Thea: I am starting the week with a nice morning in the great and creative Egg Garden. It is a garden which offers you a lot of different jobs and tasks. We take care of our chickens and the food garden. Everything what we do is in cooperation with the residents. The following two days I work in the Maintenance Workshop and our team is responsible for nice gardens, all the technical stuff in the houses and we are all around. In the afternoon I join the activities and support the residents. We offer them the best fun what we could give, for example movie nights, games, walks, dancing and yoga.

Like Simon, the mix between physical work in the workshops and the social work in the houses are very nice for me. Camphill is the perfect place to live and laugh.



Franka: Most of the time I am working in the Herb Garden, which was recently divided into

two parts. The outdoor section and the indoor section. I only work indoors, where is always a lot to do. Every morning we have a little chat, turn on some music and then we start working. We have a large selection of different herbs and teas, which we make together with the residents, step by step. The residents do what they like the most and what's the easiest for them. Things that are a bit too complicated for them, are either done by myself or the workshop leader. It is always a very pleasant and relaxed atmosphere in the workshop and every day there is a lot of laughter.

In the afternoon I am also joining the different activities. It's always a lot of fun and the residents enjoy it every time.

Zuko's biography

My name is Zuko Kili. Zuko is a Xhosa name for a boy and Nozuko is a Xhosa name for a girl in the Xhosa tribe. From my mother's side we are Xhosas. I'm predominantly phlegmatic and melancholic. I have a lot in common with the plants. We just want to be and we can relocate in harmony. We take in whatever is happening in the world and harmonise it within however we can.



I'm a second child of five. One of my sisters died between the ages of two or three and that was my first time to experience death as a child.

I was born in Kagiso (means "peace" in Tswana), Krugersdorp at Leratong (in love

or place of love in Tswana) Hospital. Five months after I was born, I was relocated to the Eastern Cape in rural areas near Queenstown, to a small town called Lady Frere. It used to be a tradition that the grandparents were responsible for raising their grandkids, while the mothers were off to school or working in big cities as domestic workers.

Growing up I moved back and forth between Johannesburg and Lady Frere and I attended school alternately in both places. I loved school and was always hungry for knowledge through education. I met people on my journey who encouraged me to be of service to humanity.

My grandmother is a baker and she is my role model. Around the age of 14, some people in the village told me how great a baker my grandmother was and one of the best cooks. She worked as a domestic worker in her early days for students from Germany in Milnerton, Cape Town. I remember thinking that if I could be as effective as my grandmother that would be good enough for me. She taught me how to bake. When people compliment my baking, in my mind they're complimenting her, because she is the one behind it all. I grew up eating home-baked bread.

I learned to bake professionally at Camphill Village West Coast near Cape Town. From there I worked at Food Lovers Market in Hermanus, Sasko Bakery in Worcester, Alphen Boutique Hotel in Constantia and in Camphill Copake USA. In 2021 I was meant to be a baker in a Camphill in Norway. I had a working permit, but unfortunately the borders closed and I couldn't go. Now I bake for Camphill Farm Community Hermanus and it's a blessing to be able to make residents happy with the bread and rolls I bake.



Zuko baked for the community every Friday

Looking after adults with special needs was a conscious decision in my grandmother's honour. This year she'll be turning 82. On her 81st birthday, during level 4 lockdown, I moved in with her, she is based in the Eastern Cape and bought her a new sewing machine. Her old one was giving her problems and that was too stressful for her, because that's how she makes a living for herself. I was working at Spar in Durbanville as a baker, but family comes first.

I was 18 and in Grade 12 when I was introduced into being a carer when an elder in the extended family slipped and fell after it rained and broke her lower back.

I have relocated more than 10 times between Cape Town, Johannesburg and the Eastern Cape. My life experiences led me to Camphill Communities.

I lost a lot of people through death or growing apart from friends, family, colleagues in and outside Camphill Communities. Camphill Community has given me a purpose. I started as a volunteer in Camphill West Coast and spent three and half years there.

I met the right people, at the right time and at the right place. I was the only local volunteer among seven German volunteers. Renate Sleigh shared with me her biography in which to my surprise I found out that she was Dr. Karl König's daughter and I wanted to be part of Camphill since then.

I went to Camphill Copake USA in New York for three years studying and have a Social Therapy diploma in Anthroposophical Studies. I met various people in the USA who had been volunteers at Camphill Farm and School.

After Covid-19 slowed down I moved back to Cape Town and was very happy to be accepted here at Camphill Farm Community Hermanus. I had the opportunity to work in the Egg Garden and be involved in the houses. Through this I got to know the residents and to build working relationships with the staff.

Now I am on a journey to return to Beaver Run, Pennsylvania, United States to study further in

Curative Education. As introverted as I am, I am willing to learn as much as I possibly can. I'm at Camphill because I care and I want to learn, heal and grow spiritually.



A warm welcome to Hagen Muller-Brunke. Hagen Spent some of his childhood as a staff child in Camphill West Coast and is volunteering with us for one year.

THANK YOU - Andrew McKenzie, Theuns Botha, & Walter Finlayson

SOCIAL CARE by Sally Titlestad (Social Worker)

Social Care training in managing anxiety:



What is locally known as the 'anxiety group' has been regularly attended throughout the year by a group of residents who share challenges with managing their anxiety. The group has worked hard on getting to know the ways that anxiety shows up in our daily lives, and learning to be present and notice when that happens. The skills for reducing anxiety are practiced a lot in the group, specifically we laugh a lot, and we laugh at ourselves often.

Rosie, the Australian shepherd puppy, has been an integral part of the group and the community and cheers people up every day with licks and wags.

Maintaining mental health through Covid-19

Working with loss and grief

Covid-19 and its subsequent levels of lockdown have brought real challenges and some gifts to the community. We successfully negotiated the challenges of vaccination and respecting the wishes of those who did not want to be vaccinated.

The residents and staff struggled together with the communal and personal losses and the subsequent grief that accompanied Covid-19. Many members of the community lost someone close to them during this time, and remembering to acknowledge our grief for all that was lost has been ongoing. A major loss in the community is the loss of freedom to go to town, to be part of the Hermanus community and to celebrate the beauty and awe of the natural environment just beyond the immediate community.

The loss of Bruce Wilson on Christmas day brought the losses very closely to the community, and intensive grief work has taken place with those close to him.

Lentegeur Hospital and local Mental Health services

We have this year developed the beginning of a very valuable ongoing relationship with our colleagues in the Intellectual Disability

Unit at Lentegeur Hospital and in service at our local Provincial Hospital. Two of our residents have been assessed by the multi-disciplinary teams at Lentegeur Hospital ID Unit, to provide us with added understanding of their needs and how to help them manage their own challenges and reach their greatest potential.

Individual development plans continued as always, this time with inputs from the Occupational Therapist. The enormity of the gains in having an OT be part of the Social Care assessments and considerations led us to developing plans to expand the OT role into a half time role, with the dream of having a full time OT on the staff to support staff and residents in houses and at work as soon as we are able to find an appropriate person.

Admissions

A review of admission criteria has clarified for the community what we do best, and what we are not well equipped to deal with, resulting in a number of new admissions and a few new day residents joining the community. The vitality of residents is palpable and one of the best pieces of feedback that we have received was from a visiting retired Camphiller observing the noticable confidence of those that she met.

"It takes unimaginable strength to continually endure, persist and overcome. People with disabilities aren't weak. They're the strongest human beings you will ever meet."

- National Autism Association -

OCCUPATIONAL THERAPY – Annetta Saaiman

Annetta joined us on a Wednesday and Thursday afternoons until May. She gave input in the IDPs of residents. During the IDP discussion, chaired by the Social Worker, the Occupational Therapist contributed to interviewing the resident to set a plan of action and follow up referral to the Occupational Therapy group.



There was one Occupational Therapy Group lasting for an hour and a half with 15 – 18 regular members.

General Aims for the Occupational Group:

- To improve communication, group interaction and socialising,
- To improve concentration, memory and following verbal instructions,
- To improve posture and range of motion of shoulder girdle,
- To improve hand function,
- To experience creativity and improve task execution,

As residents are on different levels of ability, assistance was graded. Some residents were put in a supervisory role to assist others (observe ability to lead).

Tasks consisted of 2 – 3 steps:

- Improve reality orientation,
- Improve sensory discrimination and sensory awareness (tactile, visual o/factory)
- To experience enjoyment, fun, relaxation and to express positive emotions and stress release.



Coerien Pretorius
(new OT)

The role of Occupational Therapy at Camphill is an evolving and dynamic role. With the scope of Occupational Therapy being so vast, different aspects are focused on at different times.

My short-term and medium-term goals are related to empowering and equipping staff with the necessary skills needed to be able to support residents and to fulfil their duties. This includes life skills training - specifically related to medication management and organisation skills and providing opportunities for the acquisition of facilitation and handling principles related to residents. I engage both staff and residents. My short-term and medium-term goals for the residents are to support their executive functioning, including skills such as impulse control, working memory, planning, emotional regulation and task initiation. These skills are addressed through group sessions and individual sessions. By improving these skills (for staff and residents), successful engagement in work and self-care tasks can be achieved and a sense of fulfilment, success and purpose will be experienced.





ACTIVITIES

Orchestra with Christoph Reppel

Christoph has achieved wonders with our residents in the orchestra. Each resident has a note to play – either on a lyre, chime or cello. There is also a drum. Together they make music! It takes a lot of concentration to play when it is your turn and our residents have become very proficient through the years – of course under Christoph's expert guidance. Playing live music works deeply on a soul level.

books from Worcester Library. Favourite topics are aircraft and animals.



Mindfulness Walk – Elma Young

We still do our Mindfulness Walk most Mondays – weather permitting. Our line is becoming straighter and we also manage to be quiet most of the time. Our awareness of what is around us is improving as well.



Report on my storytelling – Elizabeth Reppel

On the last Saturday of each month some of us gather with the residents to remember those who have died. Each one lights a tea candle from a central candle and says whom he or she is thinking of. Usually a family member and/or someone from or connected to Camphill. After each one has had a turn, I read a story to strengthen their understanding that when someone leaves this world and 'goes to the stars' that person is still living in another realm and benefits by our thinking of them.



Library – Elma Young

I took over the library from Hilda when she retired. Our residents love attending the library to take out books and DVDs. Every Saturday afternoon is library time! We get most of our

Four times a year we have a festival in which Eurythmy, done by the Lasets and the residents

is prominent. I usually either tell a story or we dress up the residents (which they love) and they act out a story.

Dancing – Sue Hodson

The rule is you have to dance a little bit in the morning before you leave the house, because it changes the way you walk out in the world.

- Sandra Bullock -



The above quote applies to the Wednesday dance sessions even though they are in the afternoon! We all leave the hall different after dancing. The progress in interaction, co-ordination and general well-being is evident in residents as a result of taking part in this creative activity. We love our time together and the residents have mastered moves and patterns I didn't originally think they could. We have done traditional dances from South Africa, Israel, The Netherlands and America. They have loved moving in their own, unique way to different types of music. A 'fashion show' is their favourite dance activity.



Therapeutic dance, seated on chairs and using imagery inspired by Dance for Parkinson's, is always done at the end of the class. It calms everyone down and leaves us all feeling relaxed and happy.

It is a most affirming, accepting space. I teach them to dance, but they teach me how to live.

Drumming & Marimba with Daniel Kamber

I've been lucky through the whole year finding for each session plenty of residents and even 3 volunteers to get the weekly marimba and drumming done. The volunteers brought their amazing enthusiasm to each session. We had so much fun to swing the rhythms and learn the unique Camphill Farm South Coast beat.



We practiced a technique on the Djembe drum from the tone to the slap and then, we let it breath. We also learned the drumming whirl at the end of each piece of music. Generally, the Marimba players took the lead. The Bass Marimba kept the 'root' or 'pace' for the songs, the Tenor Marimba with its own playing technique added the harmonies and the Alto or Soprano Marimba brought the all-important melody on a higher octave with its fast combination of flurry tones. This setting, the 4 Marimbas with the 10 Djembe drums gave each song a solid experience. The massive sound volume was clearly heard beyond the walls.

Luckily, each song is guided and finds the

appropriate end through the experience of the 'drum master'. A small slot of the 'in-between time' of songs is needed to 'breath in' the quiet and then to go again. Also we talk about what we just 'created' and exchange some instruments.

Yoga – Debi Diamond



Every Tuesday afternoon the lawn around Mercury hall is strewn with bodies lying on the grass, others involved in fiery debates during lunch time, some waiting impatiently – a range of bodies all coming to get their weekly dose of meditation, yoga, tai-chi and relaxation.

Settling the bodies in a circle inside the hall always takes a while as residents tussle to use the limited new mats and argue about who's setting up the altar.

However, once the bodies are down, music is on and the waft of incense moves through the hall, a magical silence and peace prevails. We begin the class with soft breathing exercise and slowly move into our 7 minutes of meditation. The bodies are then warmed up to move into a round of Salute to the Sun, 10 minutes is spent on tai-chi, and then comes the part that most of them soak up - deep relaxation. We were fortunate this year to receive a donation which allowed us to purchase 10-inch-

thick yoga mats and blocks for stretching. Our regulars are becoming much more confident and aware of their bodies. At the end of the class is the highlight to yoga – we all shout out: WE ARE KIND, WE ARE SMART AND WE ARE VERY IMPORTANT. Only then is our yoga class complete for the week.

Therapeutic Art - Ashleigh Temple-Camp

The focus from May 2021 until June 2022 has been on Therapeutic Painting with some therapeutic mixed media and collage. 3 hourly sessions were held 2 mornings a week for the first part of this last year. As from October 2021 the number of sessions increased to 3 hourly sessions on a Monday and Wednesday morning and 2 sessions on a Friday afternoon. The groups consisted of 4 residents per session with 1 resident per table and 2 residents facing each other. This ensured that the residents were able to get individual attention and express themselves without getting lost in a larger group. It also allowed for social distancing and Covid protocol.



Residents were encouraged to create freely and uniquely in the non-judgmental space. Themes included ones where residents could: become aware of emotions, body sensations and responses, practice self-acceptance and acceptance of the differences of others, work through issues within the Community in a creative way, connect to nature, experience the healing quality of colour, allow for challenging emotions and issues to arise from the sub-conscious in a safe space on

paper, experience creating with a partner or group work, relax through creative exercises, experience Rudolf Steiner's therapeutic wet-on-wet painting themes, practice fine motor skills and grow in confidence and accomplishment. Of course the creative processes continued to serve as containing, safe, therapeutic and expressive outlets for residents throughout this challenging Covid period.



The sessions often included movement, a story or a visualisation to assist residents to enter the creative 'zone', open up and express themselves. There was always time for sharing. A short weekly report was written for each resident which was submitted to the social worker, house leaders and management. This tracked any inner processes or personal challenges that may have come up for them that may have been important for the community leaders to know about, and it also included reporting on resident's creativity, fine motor skills and competency levels. The sessions were definitely of personal value to each resident and they rarely missed a session except if they were away or ill.



Special Events included our residents entering the Paralym Art World Cup 2021 in September 2021. Large 'body maps' were uniquely adorned with the theme *Smile* in mind. The works were later displayed in the hall for Elma's 70th birthday. On the 11th of December the same works were exhibited at Bouchard Finlayson Winery. Residents, family and friends were invited to view the works and have a picnic on the lawn. An online auction was arranged to sell the works. A wonderful time was had by all!



Several of the residents' smaller art works were exhibited on December 6th for The Night of 1000 Drawings alongside other artists from Hermanus town. Most of the works hung outside the Space Gallery. An outing was arranged that evening, where residents could view their work as a special outing. They loved it and this encouraged a sense of accomplishment and pride for the residents.

All in all, another therapeutic and fun year for the residents at Camphill Farm!



Swimming – Michelle van Zyl

The Plonky Penguins have been training for nearly two consecutive years now at Curro Hermanus Independent School's indoor-heated pool on Tuesday and Friday mornings. Our team has grown from 4 to 6 members, and we would like to welcome Sarah and Sally who have also joined the team in April of this year.

For the better part of a year the team have asked if they could participate in an open water swim and when TRU-CAPE Mile announced they would be hosting such an event in at the Eikenhoff dam in Grabouw, on Sunday 27 February, we jumped at the opportunity. When we arrived at the Grabouw Country Club the swimmers could not contain their excitement. Michael bolted and we all had to grab our belongings and dash after him – it was quite an amusing sight!

After we clocked-in and received our tags we set-up a picnic area and waited in anticipation for the event to commence! Everyone was bustling about getting ready and then the first group of swimmers were called to the starting point!



First up were Betty-Lou and CathyG who participated in the 1-mile event. Standing at

the starting point, cheering them on, one could see they were a bit apprehensive but when the buzzer sounded, they shot off like a flash! When we looked again they were amongst the masses of other participants – the past years training had paid off! They both completed the race, exhausted but beaming from ear to ear, whilst receiving their medals and posing for a photo opportunity!

Sadly, due to unforeseen circumstances, the remainder of the events were cancelled and the rest of us could not participate in the 500m dash. It did not put a damper on the day. We all had a chance to swim out to the first buoy and the organisers were kind enough to hand out medals to the rest of the team for their enthusiasm and willingness to participate! Thank you to Jerome for taking us safely there and back and to Simone Tritten for her boundless support!



CathyG and Betty-Lou are off!



The team receiving their medals

HOMELIFE REPORT



Some of our house staff

On the whole the residents and the house staff, are happy and content.

There have been a few staff changes:

Labora: Nicolene de Klerk (house leader). She is doing a great job; Simonia Arendse (maternity cover for Zameka).

Cinnabar: Arlene Fortuin (assistant house leader).

Raphael: Claudine Vertuin (assistant house leader).

Protea: Philreanne Louw (assistant house leader).

Melissa: Prudence Ndlovu (assistant house leader).

Samantha Nell (roving assistant house leader).

Our house staff are doing well and are essential to the Community. They are eager to learn

about our residents and put a lot of heart into what they do.

Nutrition training will soon be starting again, to ensure our residents have a healthy, balanced diet. Homelife staff get together weekly for homelife meetings, as well as for training sessions. Medication and the residents' wellbeing remains a permanent topic. At the moment we are busy reading and discussing Veronika van Duin's, *Homemaking as a Social Art*. Everyone is very intrigued and inspired by the book.

Camphill had a few Covid scares, when some of our residents and a few staff members tested positive. We were very fortunate that they were very mild cases, but it was frustrating for the residents, as they had to isolate for ten days. We would like to thank the staff who took care of the residents during this period.

It's really great having the young German volunteers back in the houses. They bring a youthfulness to the homes and the residents love having them around.

The residents are delighted that regular outings are possible again, which is uplifting for all.



Castor



Melissa



Protea



Cinnabar



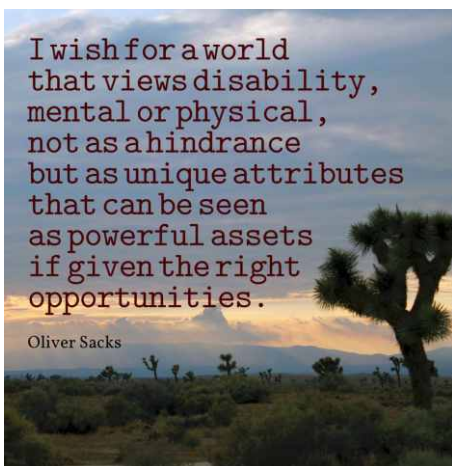
Pollux



Labora



Raphael



WORKSHOPS

Craft Workshops 2022 - Erika Nagel

The past year has flown past rapidly. Our biggest accomplishment was definitely the successful completion of five knitted carpets. The residents involved were extremely proud of themselves. To celebrate we had a Craft party.



Activities that the residents occupy themselves with includes creative writing, crocheting, knitting, card making, painting, colouring, puzzle building, reading and working on the laptop.

The residents thoroughly enjoy card-making and painting and we keep these activities for Thursdays. Workshop duties such as fetching milk, making tea, washing up, washing tea towels, cleaning the fridge and attending to the bin is shared among all.

Residents love their music, which is used as a form of therapy and consequently the atmosphere in Craft is very peaceful.

A highlight was an outing to Fernkloof Native Reserve for snacks and tea.



"Sometimes people will hear you better if you speak with a voice of compassion instead of authority. They long to be understood more than to be lectured."

– Dodinsky –

Herb Workshop - Part 1

**Alex Guenther from
June 2021 - March 2022**

Summer was a lovely season for our workshop - everything grew and flourished,



thanks to sufficient water supplies. Produce was in abundance, that we could not process everything in a day. But being blessed as we are here at Herbs, we used and sold fresh herbs. What wasn't been used fresh was dried and made into products for own use or sales. Throughout the whole of summer, we seeded 800 sunflowers every 2 weeks - and sold and still sell each one of them.

In my time at Camphill, which unfortunately ends in the beginning of April, I have seen some residents and volunteers come and go-one of whom is Mbali. She had volunteered here the whole of last year - we miss her dearly as a person, but also because she had learnt, knew and was able to teach the residents all of the 'indoors' processing (stripping of leaves and flowers, drying and storing, crushing and mixing, bottling and packing). Since she left I have started teaching our new volunteer from Germany, Franka, I am most grateful to have her. Sarah is another very valuable addition to our workshop.

Our other volunteers - Lukas from Germany, Bryon who lives in and Theuns, who joins us on Wednesday mornings, are mostly helping Taku in the garden, where the workload is immense due to the size of the Herb Garden and also our organic way of continuously adding compost and mulch. The purpose of this is to build healthy soil - which we have successfully done and most long-time Camphillers have commented that the garden has never looked so healthy and green before! Healthy soil automatically produces healthy plants, so our concentration is all on soil health.

From my side, a sad 'good bye'; I love and will miss everyone I work with here!

Part 2

Taku Gwata and Bryon Sharp
April-June 2022



My name is Taku Gwata, I have been the assistant in the Herb Garden since the beginning of 2021. I was working with, and learnt a lot from Alex who was the previous co-ordinator. She taught me about organic gardening and how to use the garden as therapy for the residents. When Alex left in April 2022, I took over the garden part of the workshop and Bryon the processing side. We are heading into winter now and are in the process of adding vegetable crops to our garden as well as the usual herbs and medicinal plants that have been grown for many years. We have started by planting some peas, green beans, lettuce, rocket, spinach and turnips in the unused parts of the garden that have been lying dormant since the Covid pandemic started, and there was a reduced number of hands to help. Things have since changed and we are moving towards a more productive garden with the help of the residents and volunteers. This was both my vision and that of my gardening team of residents (Cathy Potton, Peter Eager, Mark

Meyer, Chris Thomson, Oleg Kotzuba, Hendrik Horn and the newest member Gerhard Steyn).



Each and every resident enjoys their work in the garden and they especially seem to love to grow their own food. We also appreciate the help of our volunteer, Lukas who helps me with all the residents and maintaining the garden. The residents love being productive and take huge pride in the whole gardening process from planting seeds, weeding the beds, and finally harvesting the crops and taking it to their respective houses to be eaten at lunch time.



My name is Bryon Sharpe. I was initially a year volunteer at Camphill and when Alex decided to leave her position at the Herb Workshop I applied and took over the processing side of things. Taku was already established in the garden. He knows exactly what he is doing and

is providing everything we need to create our products and more.

Although we were sad to say goodbye to Alex, she has left behind a lot of knowledge and skills that she taught both myself and Franka, our German volunteer. We have both kept and expanded on the range of products she started producing.



At the moment we have a range of culinary herbs that are hand stripped, dried and processed by the resident. They include and are not limited to: Joel's Rosemary Salt, Anet's Herb Salt, Mbali's Parsley Salt, Peters Popcorn Powder, Chris's Salad Sprinkle, Bryon's Salad Salt and Catherine's Mixed Herbs and the newest addition will be Sarah's Snowbush Salt. We also currently have a wonderful range of herbal teas that are either hand-filled into tea bags or sold as whole tea leaves to be used with a strainer. They include: Colleen's hand-filled Stinging Nettle and Peppermint tea, Sally's Sage tea, Hilda's Healthy flower tea, Chamomile (in both tea bags and whole dried flowers). Since I have taken over I have introduced a range of Honeybush teas: Hendrik's Hand-filled Honeybush tea bags, Cornelia's Honeybush and Chamomile, Sean's Honeybush and Stinging Nettle, Bram's Honeybush and Lemon Verbena and Antoinette's Naturally sweetened Honeybush and Stevia mix. We have a few places that

currently stock our products in the greater Overstrand area: Greenways Health Shop, Hermanus Creative Collective, MANÁ at Bartho Eksteen Wine Estate and Bodhi Khaya Nature Retreat in Stanford.

We currently have a lovely German volunteer, Franka helping out with all our processing and who helps me ensure that we produce high quality products for both the Community and in the retail side of things. Without her help and supervision of the residents we wouldn't be able to produce and package half of the products we currently have available. She also makes iced tea from plants that we grow: from fresh lemon verbena, peppermint, stevia and lemon juice. This gets distributed to the houses on a near weekly basis depending on what the houses order from us. The residents that I have working inside our workshop love their work and continuously keep me on my toes, as they are not shy to say when they run out of what they are currently busy with and want more to do. At the moment we have been producing lots of tea bags, which keeps them busy. There is always a lovely aroma of whatever is going through its last step of drying on our hot trays.



Sadly, in the last month, we had to say goodbye to one of our residents, Robyn, as she is moving to Port Elizabeth. She will be missed by all in the workshop and especially by our Runner Ducks. She liked to think she was their adoptive mother and loved to be involved in everything that was connected to them. Although we sadly had to say goodbye to her we are still the largest of the workshops in terms of number of residents and we have a number of others asking to join possibly in the next few months.



With us currently moving into the winter months, we are very thankful to have a wonderful fireplace in the middle of the workshop. It is used on nearly a daily basis now that the morning temperatures are dropping below 10 degrees. This makes my colleague, Taku, very happy, as this means he can get a good amount of ash which he can

use in the garden as a natural pesticide and fertilizer. Although we have only been running this workshop for two months now we have accomplished a lot in that time and we are looking forward to the months ahead where we can continue with what we have started and see where all our hard work can take us.

Farm Workshop



The year began with our most gentle cow Lily giving birth to what would be her final calf, seeing as she had reached the venerable age of twelve years herself. Following a special tradition we named the little calf Nettie after Anet who lives in Pollux House. As happens in nature, calves grow so quickly that seeing Nettie now one would not believe she is not even a year old yet!

Strategically, the farm is undergoing an overall review process, with the focus being on increased sustainability as the desired way forward, while continuing to provide therapy through meaningful work for our residents. This is proving to be a wonderful opportunity to look at both our farming operation as

whole, as well as delving into the detail of the individual farm-related workshops (cattle, dairy, chickens, herbs, vegetables, bees etc).

Our greatest challenge continues to be the eradication of invasive alien plants which almost seem to grow before our eyes! In addition to our farm team's efforts, we have been fortunate to partner with LandCare (Onrus river area mainly), Greater Overberg Fire Protection Association (goFPA), Working on Fire (firebreak clearing and maintenance) and Hermanus Hackers who are greatly assisting in this process. Our thanks to each of these organisations!



Martin O'Carroll has been volunteering his time.

In addition, as we have been clearing invasive plants around the house gardens, we recognised the need to replace what we were taking out with some beauty and colour. It has been a great pleasure to establish two water wise gardens around two of our group homes.



Egg and Food Garden Workshops

Debi Diamond



Keeping the hearts happy and peaceful, was easy.

We allowed much humour to come into our work as this lightened the seriousness of the times we were going through. We vowed to each other that when *Iris the virus* had left our shores we would hold a huge garden party. Working alongside residents, weeding or mucking out the hen house; we would often engage in banter about the logistics of the party, who would be wearing what, who we would invite, which person would be the DJ, etc. etc. Humour and fantasy become life-lines.

We also had professional support from Sally our Social Worker, who kept a vigilant eye on the well-being of all our residents. The support from other carers and staff assisted us greatly, as Camphill pulled together to ride through the *Iris* storm.



As we were still in the pandemic, the support needed by the residents was at an all-time high. It was a trying time and as carers, Theo and I had to dig deep to find ways of supporting each of our 13 residents. The workshops were only opened in the mornings for residents to attend and we used the rhythm of farming tasks to give them the security that they needed. Their tasks allowed them a sense of control. And with an acre of 4 foraging fields, over 150 chickens and a small food garden, there was plenty to keep the mind off of the pandemic and the hands busy.

The Egg Garden is now in its 15th year, most fruit trees gave and are giving their best. At the time of writing this submission, our small lemon trees are giving a much needed vitamin C yield.

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.



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.

One of our residents, has taken it upon herself to grow, harvest, process, bottle and distribute bottles of pesto. I am very proud of her that she understands this procedure and manages it all the way through. Well done Nicky!

The residents take turns to assist our volunteer, Bruce Fraser with the house deliveries once a week. It has to be stressed that our food garden is definitely not a production garden. The produce sent to the houses only covers about 10-15% of their weekly household consumption. We are not a production garden, as the garden seems to be developing into a classroom: a space for the residents to be in and learn about nature.



During this year, we have had a number of applications from South African volunteers seeking work. In this respect a total of 9 local volunteers joined our organisation, and some gave a day, some a week, others like Mr Zuko Killi, agreed to come and be a full time support person. Zuko joined our workshop and involved himself in all aspects of our work on a daily basis. He joined with previous experience of working with Camphills.

So he immediately fitted in and gladly shared his experience and knowledge with us. I would like to take this opportunity of thanking him, as he became a real stalwart for our workshop, and community.

SPADES UP ZUKO and all the very best for your future!

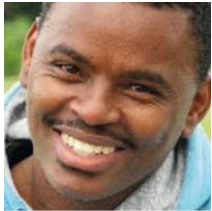
Facilities – written by Michelle van Zyl

The facilities team have an enormous task of keeping the entire estate and all of the buildings in tip-top condition with limited resources throughout the year. We are extremely grateful to each team member who play their part in the smooth running of keeping the Community on the go. It has been particularly challenging with load-shedding interruptions and stormy weather disruptions. Nonetheless, the facilities and farm team work well together in tackling challenging projects!

The residents who are part of the facilities team have various tasks to perform on a

weekly basis according to their capabilities. Our recycling fundi Dale, one of the residents on the team, takes his job extremely seriously. The rest of the residents, who express great enthusiasm whilst working, namely Duncan, Egon, Brendon and Richard also assist with alien invasive clearing projects, cutting and mowing the lawn, delivering wood to the houses and assisting with basic maintenance tasks around the houses under the supervision of George Louw (acting manager), Michael Jantjies (painter and general maintenance), Fihla Ndakuthini (gardener) and Jerome Julies (driver and part-time facilities).

Thank you to each and every one for doing your part! As Debi would say, ‘spades up to you’!



Jerome



DONATIONS (April 2021 - March 2022)

Donor	Amount
DONATIONS - GENERAL:	
Anonymous	1,423,303
Berna van der Merwe	12,034
Camphill Village West Coast	290
E George	800
ER Tonnesen Will Trust	50,000
Fuchs Foundation	10,000
Graham Muir	204,000
Gray Trust	43,000
Jako Gerber	10,000
The Joan St Leger Lindbergh Charitable Trust	100,000
Mathers Trust	37,675
Michael & Tanya Hochschild	30,000
MySchool	5,917
Office National	3,000
Paralym Art Auction buyers	9,000
PG Glass Hermanus	3,100
Quoin Construction	1,400
Ralph & Julia Weiss	301,126
Ray Potton	50,000
Reto & Simone Tritten	3,083
Roy Alan Polonski	50,000
Terence & Noleen Rex	1,500
Yves & Mandy D'Halluin	300,000
Sub-Total - Donations General:	2,649,228
OTHER FINANCIAL SUPPORT:	
Association of Camphill Communities (UK & Ireland)	378,900
Sub-Total - Other Financial Support:	378,900
GENERAL DONATIONS - GRAND TOTAL:	3,028,128

We would also like to say a huge thank-you to all who contributed in kind (e.g. bedding, food processor / blender, toaster, snack-which maker, queen sized mattress, washing machine, curtains, weaving loom, laptops, clothing, shoes, overalls, blankets & beanies, puzzles, stationery, art materials, reading books, cleaning products, hand sanitiser & masks). You are too numerous to mention by name, yet your donations to promote the well-being 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 people and organisations):

Mazda Foundation: Electronic powered wheelchair, wheelchair ramps specifically for the bus, speed traffic signage for the entire Community.

Hermanus Rotary Club: Laptops and a screen with a keyboard

Labdoo: Laptops

Corrie Le Roux & George Zhangyanfeng: Hisense 65-inch SmartTV for Melissa House residents

Family members of Pollux House: SmartTV

Jaco Gerber: Various trees

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Account Number: 5247 070 1065 | Account Type: Cheque
Swift/IBAN: FIRZAJJ



Predisposed to thinking that another person communicates with us solely by means of the spoken or written word, we do not stop to consider that there are many other methods of conversation. Everything speaks: the expression of the face and eyes, the gestures of the hand and the movements of the body, the vibration which the latter sends out, his clothing and the way it is worn; dozens of other transmitters, amplifiers and mufflers, which together make up the individual being and his personal chemistry.



Camphill Farm Community Hermanus

Quality of life for adults with intellectual disabilities



There are moments in life that are pure, and which seem to hang in the air, unhitched from the everyday world as we know it. Suspended for a few seconds, they float in their own space and time with their own hidden prospects. For want of a better term, we call these moments 'magical' and when we remember them they are cloaked in a halo of special meaning.

– Johnny Clegg –



Proudly supported by Office National Hermanus



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