

Camphill Village Copake



Spring 2016

VillageView

Places We Go

Our Trip to Iceland

Tavius Sims and Gregory Amoresano



At the Vatnajökull glacial lagoon (the largest glacier in Iceland). Left to right: Steven Gibson, Ernesto Martinez, Michael Desmond, Tavius Sims, Vera Blanchfield, Gregory Amoresano, Ayaka Kubota).

The primary purpose of our trip was to continue building relationships with a fellow community, Solheimar. We spent a week of our time in Solheimar meeting these people, asking questions, and discovering similarities and differences between our two communities. It was a chance for all of us to experience a different kind of community and be ambassadors from us to them. We went to broaden the ways we think about living in community, and what is important toward building for the future. Valguer Backman, our primary host, was such a tremendous spirit and guide throughout our stay. The guest house accommodations were beyond what we would have expected and we all really enjoyed the workshops. Ernesto worked in the kitchen, Stevie bounced around, Michael was in the bakery, Vera in the ceramic shop and Tavius did a little of all. Greg was in various ones as well and Ayaka sometimes in their amazing greenhouses.

After Solheimar we spent two nights along the coast in Hofn, a small fishing village. We visited icebergs in a lagoon and hiked up to the country's most popular waterfall. We spent the following nights heading back to the city of Reykjavik, spending a couple of nights in the town of Vik. There, we rode Icelandic horses on the beach, and watched Puffins in the bay. In Reykjavik, it was mostly time for some shopping, but visiting Hallgrimskirkja, the largest church in Iceland, was definitely a highlight, along with a quick fishing tour for three of the guys. We are all so grateful for being sent there and it has really given us a dynamic appreciation for their little beautiful country.



Therapeutic Riding at Blue Rider Stables



Tony Bacon reaches out a hand to a stable volunteer.

“Our mission is to be there for anyone who needs us.”

— Christine Sierau, Executive Director of Blue Rider Stables

Villager Charlie Gutman knew Christine Sierau when she was a kid in pigtails. Christine, who lived with her family at Camphill in the early 1970s, still gets to see Charlie regularly at Blue Rider Stables in the nearby southern Berkshires, where Charlie and other Camphill residents take therapeutic riding lessons.

Charlie, who has lived at Camphill since 1962, says he brushes his horse Falcur before the riding starts. Volunteers assist him in mounting and dismounting, as he has a bit of trouble getting his feet where they need to be. Charlie added that in addition to Blue Rider, he’s been to many different towns and places with Camphill Village.

“I like to do quite a bit of outings,” he said.

Christine, who is both Executive Director and Head Instructor at Blue Rider, says that while clients get a lot out of their riding sessions, it’s the Blue Rider staff and volunteers who really benefit from the visits.

“So many of them bring such a powerful statement here of who they are and how comfortable they are in who they are,” she said. “They’re the ones that help us.”

Camphill resident Rose Airing, who co-runs Tamarack House in the Village, looks forward to bringing other Villagers to Blue Rider as often as possible. The gleeful anticipation on the way to the stable is palpable.

“Throughout the preparation and riding, it is wonderful for me to observe the focus, balance, relaxation, and control with which each person is lifted when riding at Blue Rider,” Rose said. “The van coming home is always much more relaxed, harmonious and filled with beaming satisfaction. I am incredibly appreciative to Christine, her horses, and the other volunteers for providing a beautiful environment for social therapy.”

Village Happenings

Festivals

It’s no secret that Camphill is always up for a celebration, and seasonal changes present some great opportunities. Have you ever asked someone what season is their favorite, but they just can’t decide? Those who adore winter for the family gatherings and the little juncos gathering black oil sunflower seeds in the snow can

be a mystery to those who spend their year tortured by fond memories of summer swim holes and drive-in movies. In fact, each season brings with it many gifts, and as we welcome back daffodils and songbirds, we can definitely say spring is our favorite season... for now.

Candlemas

To mark the beginning of spring and an increase in daylight hours, the Village crafted luminaries to line a path to the new Sugarhouse, where we gathered for a play, herbal tea, and homemade cakes.



Lanterns light a village pathway.

Village residents perform the Candlemas play.

Village residents gather for a play held outside of the new Village Sugarhouse.

Inga Seefeld and Paula Levai by the new Village Sugarhouse.



Carnival

Outside of Camphill (especially in New Orleans), the Carnival celebration can last for weeks – from the end of the epiphany in January, and all the way up until Lent. It’s a time to celebrate and indulge before the Lenten fast. Each year, Camphill sets aside a night for a parade with floats and incredible costumes, theater skits, and dinner. This year’s theme was mythology, and each neighborhood in the Village represented a different country or region.

Joan Hill, Elisabeth Cooper, and Ernesto Martinez march in the Carnival Parade.

Christopher Schaar beats the drum with his dragon friend.

Larry Silver, Nico Christiansen, Katie Schreckinger, and Allan Procopio Belem.

Roy Tao and Alan Rosenzweig perform their neighborhood’s skit at Fountain Hall.





Achievements

A Good Friend’s Retirement

You know you’ve made a difference in this Village when the Camphill choir sings at your retirement party. Fran Miller worked in our Finance Office for 15 years before retiring in January. “Fran was the finance office historian and that’s something that we will miss. Her willingness to step in and investigate unknowns was one of her great attributes to Camphill Village. We wish her good health and many happy days in her retirement,” says Jessica Albright, Human Resources Manager.



Annual Fund Update

We did it! THANK YOU, for helping us reach our 2015–2016 \$1.8 million Annual Fund goal. We couldn’t have done it without you! Simply put: without private support from individuals like you Camphill Village would not be the unique, special community that it is. Right now, your support is more important than ever as we face uncertainty with the renewal of the New York State contract. When you support Camphill Village’s Annual Fund you are providing critical services and support for those who make the Village their home. Please help us reach this year’s \$1.9 million goal.



Bowl-a-Thon Fundraiser

Thank you to those who supported Camphill Village at the 4th Annual Joseph D. Freedman Bowl-a-Thon last year. The event has raised \$275,000 for our organization over the years, and we’re looking forward to seeing you all again November 19!



A Village Artist makes his Public Debut

Bill Spillman, who has lived in the Village for just over a year, made a splash at a September Down Syndrome Innovations conference in Albany, where his paintings were on display. Bill is a farmer at Camphill Village, but art is his first love. “[Vincent] Van Gogh is my favorite. I actually did art since private school and elementary school, mostly because my mom, she taught art in college,” he said. Many of Bill’s paintings are of famous

figures and scenes from popular culture, including one of “Pee-wee’s Playhouse” (below). “Years ago, when I used to watch the ‘Pee-wee’s Playhouse’ TV series, the only thing I could not do is make a straight face. I love him,” he said. “I also did another one of someone I met who died. He was 94 years old, but before that I met him when I was three. His name? Pete Seeger.” Well done, Bill!



Left to right: Pee-wee’s Playhouse; a Self Portrait; Bill standing near his painting of retired New York Yankees shortstop Derek Jeter.



Village Expressions

Cloud Poem

*Sunshine, sunset and clouds
combine as one. The clouds
weave together through the light.*

*The colors: orange, a tinge of red
And yellow work their magic to
Oo and Awe at at swirl in a tornado
across the sky counterbalancing
the sun through the trees.*

*The angel lies in rows getting
ready to fly in a tornado to spread
its wings of love.*

*Soft billowy clouds they can't
make up their minds! First like cotton
candy, then bowling balls and finally
turn thin like taffy so that it can
spread out throughout the whole sky.*

Brooke Hogan

Spring

*all day long that great magician
a warm west wind
has been turning the trees
into waving wands
and causing the leaves and flowers*

*or is it handkerchiefs of color
to appear from out of no where*

Andrew Hoy

Introductions



Welcome!

In the last several months, we've had the pleasure of welcoming the following people to Camphill!



Karston Rau, 47

Karsten moved from Triform to the Village, where he works in the woodshop and in the bakery. He is originally from Germany. Karsten has a great sense of humor, and his colleagues in the woodshop say he has an impeccable sense of organization that comes in very handy.



Marty Mendis, 33

Marty came to us from Maine, and is a welcome addition to the farm crew. She enjoys working with livestock and mending fences. She adores Cyrus, the toddler she lives with in Lirio House.



Robbie Haynes, 46

Robbie came to Camphill Village from Triform Camphill Community in Hudson. He works at Turtle Tree Seed and with the Estate Crew, and starts every day with his "cup of courage."



Lindsay Johnston, 42

Lindsay also came to us from Triform in Hudson, where she spent many years. Since moving to Copake, she has been working at the Village Co-Op, Russet House, and in the café, where she likes to cook. She also enjoys going on outings and shopping, and has a keen eye for design.



Michael Meshkowitz, 35

Michael works in the Village Co-Op and in the vegetable gardens. He moved to Camphill from Kingston, NY in Ulster County. In his free time, Michael likes to watch action and adventure movies and read fan fiction.

Welcome, New Volunteers!

Eleanora Godwin, Germany
Ann-Kathrin Koehler, Germany
Li-Shan "Lisa" Chu, Taiwan
Inga Seefeld, Germany
Kate Farrell, USA
Era Montecillo, Philippines
Irene Lafuente Corral, Spain
Elizabeth Bright, USA
Christian Araneta, Philippines
Yuzhu "Gemma" Li, China
Thandeka Ndhlovu, South Africa
Julianne Carle, USA
Allan Belem, Brazil
Jeremia Clemens, Germany
Saskia Mungard, Germany
Ingmar Fredrikze, Netherlands
David Drago Jekal, Germany
Diego Rodrigues Villa, France
Christopher Schaar, Germany
Jennifer Scherer, Germany
Annabel Roberts-McMichael, USA
Bradley Riew, USA
Nadja Zheku-Martinez, Germany
Dabin Lee, South Korea

A new member of the Development Team



Elizabeth Phillips joined us recently as the new Assistant Director of Development at Camphill. After years of working in public service organizations, she brings a wealth of experience to the Village. You will see Elizabeth's name in emails and written letters, and you'll meet her at our events. We are so very glad she's here at Camphill. Welcome, Elizabeth!

Camphill Movement

A Heart for Heartbeet:

How a community center in a Vermont Camphill Community will bring them closer together.



Photo of the new community center courtesy of Heartbeet Life sharing.

Heartbeet Lifesharing, a Camphill community in rural Vermont, has been expanding: they now have four lifesharing houses for their 46 residents, and the organization plans to add two more to their sprawling acreage.

“It’s an exciting phase for Heartbeet,” said Hannah Schwartz, one of the organization’s cofounders.

These are positive changes at Heartbeet, but they call for a common space where everyone in the community can gather. The organization is looking forward to a grand ribbon cutting ceremony at their new community center in October. Hannah says the community center will also serve residents in the area who aren’t otherwise affiliated with Heartbeet, including an elder yoga class that’s been struggling to find a regular space to meet.

“The Community Center is really a link to the wider community in that we can provide a

service that doesn’t just affect Heartbeet. It’s going to be a cultural gathering space for events that teach about inclusion, but are also dedicated to the expansion of cultural opportunities in a rural community,” Hannah said. “We’re going to have music events, arts events, lectures, and contra dances.”

The organization is hoping to have Me2, an orchestra that comprises mentally ill musicians and their friends and families, to play at the grand opening. While it’s still under construction, Hannah said the space is beautiful; it’s filled with architectural interest while maintaining a classic barn style.

“There’s a simplicity and beauty to it,” she said.

Spring



How does your garden grow?

Not sure what to be doing in the garden through the different spring months? Here are some helpful tips from Lia at Turtle Tree Seed.



Lia Babitch is co-general manager and garden manager at Turtle Tree Seed. She has been with the grower since 2009, and has been a house leader at Camphill since 2014.

Because Turtle Tree Seed is a biodynamic gardening operation, we need to be a little more in touch with seasonal changes and how they might affect our crops. We also know to look out for wild-growing plants like Nettle, which we use as fertilizer in May. Spring can be a tricky season because there is so much transformation in terms of

temperatures and precipitation. At Turtle Tree, we use this schedule as a guide to our growing season.

Best of Luck!

Lia

May

Early to mid-May: Pot on tomatoes, peppers and eggplants. Tomatoes should be potted into a rich mix, and eggplants and peppers in less rich mix (if the mix is too rich for eggplants and peppers, they will produce lots of lovely leaves but not much fruit); feed tomatoes with nettle and compost tea; transplant out cabbages and broccoli under cover; transplant out celery and celeriac in rich soil and cover when cool; sow melons indoors; pot on flowers; thin and weed carrots; thin beets; transplant out all onions and leeks.

Late May: Transplant out all flowers; transplant out tomatoes; sow beans outside; sow corn outside; plant peppers outside under cover if nights are cool; plant cucumbers and squash outside; plant melons outside (melons can also be direct sown in the end of May or beginning of June when the soil has warmed, but they germinate best in very warm soil, so it can help to start them indoors). Transplant eggplants outside under cover if nights are cool.

June

Early June: Sow squash outside; sow melons outside; sow corn outside; sow beans outside; transplant okra; sow carrots and beets outside.

Late June: Sow daikon and black storage radish; Lots of weeding and hoeing!

Spring

Making Easter Cheese



Erin Pascale, who co-runs Lirio House at Camphill, first tried Paskha (Easter) cheese when our friend Roswitha made it for Easter. Now, Erin is sharing it with our readers. There's no stopping you from making this dessert year-round, and it's excellent when spread on an apple or graham cracker. The closest thing we can compare it to is the sweet cheese you would find in a Danish pastry, but better. Thank you, Erin, for providing us with this recipe, and feeding us Easter cheese!

Ingredients

- 1 lb. quark or farmer's cheese
- 4 oz. cream cheese (cubed and softened)
- $\frac{3}{4}$ c. sugar
- 3 hard-cooked egg yolks
- $\frac{1}{2}$ c. sour cream
- $\frac{3}{4}$ c. heavy cream
- $\frac{1}{3}$ c. ground almonds (blanched and skins removed)
- $\frac{1}{4}$ c. golden raisins (Erin soaks her raisins in sherry for one hour, which is optional)
- $\frac{1}{2}$ tsp. lemon extract
- $\frac{1}{4}$ tsp. lemon zest
- $\frac{1}{4}$ tsp. vanilla extract

Steps

1. Combine quark, cream cheese, sugar, sour cream, and egg yolks in food processor and process until smooth.
2. Transfer mixture to a large bowl and add ground almonds, raisins, lemon extract, lemon zest, and vanilla extract. Stir vigorously to combine.
3. In a separate bowl, beat heavy cream to soft peaks and fold gently in to cheese mixture.
4. Line a 1 qt. cheese mold or 1 qt. clay flowerpot (or a stainless steel steamer insert for larger quantity) with cheesecloth or butter muslin.
5. Set the mold in a bowl, and fill it with the mixture. Top with more cheesecloth and press in the refrigerator at least 24 hours.
6. Remove from the refrigerator, invert the mold onto a plate, remove cheesecloth, and decorate with fruit slices or other garnish of your choice.





A Reflection on the Shift to the Spring Season

As the slower paced and somewhat more inward winter mood begins to wane, we on the farm begin to turn our gaze outward. Smells, colours, and the animals' moods all seem to pull us out of our wintry souls, drawing us back into our bodily senses.

The cows have a spring in their step as they notice the grass beginning to grow. The first flies are about, and the pastures and fields have a new hue. The ideas, projects, and intentions thought up through the winter are ripening and now met with the call of reality they are to be in relation with.

Perhaps it is during this brief shift in mood that we can best spend our time imagining ahead to our summer actions and imbue them with our wintry ideals.

And trust that the winter has rested both us and the earth itself and built up necessary life forces and intentions for the work ahead.

Samuel Mirkin, Farmer Apprentice

Camphill Village Copake

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Capital Campaign

We are so pleased to announce that we reached our ambitious Building Possibilities Campaign goal of \$15 million. We’d like to extend our sincere thanks and appreciation to so many donors, the generosity of which will ensure that our Village will continue to provide unparalleled services to our residents through new construction and infrastructure improvements. Learn more about the past and future accomplishments of the Building Possibilities Campaign on our web site.

Flowers and herbs growing in the Healing Plant Garden. The garden undergoes many bloom changes through the different seasons.



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