



# The Carrick Newsletter



Autumn 2009

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Issue 9

*Welcome*

*To the Autumn edition of our Newsletter keeping Camphill friends and family in touch with life at Carrick-on-Suir.*



1996-2009

**CONGRATULATIONS  
CARRICK COMMUNITY ON  
YOUR 13<sup>TH</sup> BIRTHDAY  
CELEBRATED ON THE 30<sup>TH</sup>  
SEPTEMBER 2009**

## National Disability Authority Conference 2009 - Dublin RESEARCH ON : WHERE WE LIVE

By: Pauline O'Meara and Michael Freiberg

We did a piece of research as part of the Inclusive Research Network. The Inclusion Research Network is looking at how people with disabilities can do research about issues that are important to them.

We need to do research about where people live because it will tell us what people like and don't like about where they live, and how people can live in a place of their choice.

We interviewed some people from our community with intellectual disabilities. We explained that the Research was about living options and that people's ideas are important. We would be asking questions about living situations. The answers would be kept confidential and private. People could stop at any time. When they understood this we asked them to sign a consent form. One of us asked questions about where they lived using pictures and the other one recorded the answers. At the end of the questions we asked the person if there is anything else they would like to add. Then we said Thank you.

We met with other researchers from the Inclusive Research Network in NIID at Trinity College to analyse the nation survey.

The results were presented to the National Disability Authority Conference on the 6<sup>th</sup> October 2009.

In the next newsletter we will tell you the results of the research.



Michael, forth from the left and Pauline to his right



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## My Second Visit To Italy by Fergus Fitzgerald - Deaglan House

When deciding where to go for my summer holidays this year, it was not a hard decision as to where I wanted to go. **Yes, ITALY** of course. This will be my second visit to Italy.

In June this year, I travelled with my Aunt Eleanor Ashe to Venice for eight days. We also visited Padua and Trieste as well as taking a vaporetti to some of the islands in Venice. (Boats with flat or single decks and wheelchair-accessible that have covered wheelchair positions and belts on the entrance deck).



A Vaporetti Boat (Water Taxi)

I found that visiting Italy in June, it can be hot with a few cold days in between. Venice was my favourite city as it is surrounded by so much water. There are about 150 canals all linked by bridges so the only way to get around is by foot or by boat and almost no vehicles were around. I was able to buy some Murano Glass for my brother and his wife to be for a wedding present. One of the highlights in Venice was visiting St Marks Basilica and seeing all the birds in the square.

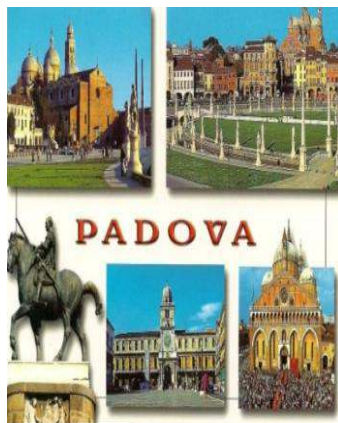
Trieste was very beautiful except it looked more Austrian than Italian. We wore summer clothes but I felt it was too cold for shorts. There were many people wearing shorts as they probably felt it was good warm weather for them. Even the ladies were wearing mini-skirts as they found the weather so hot.

Our community (Carrick on Suir) is thirteen years old this year and seeing that we only had one Italian co-worker volunteer, I took some information letters with me which I wrote in Italian about volunteering at Camphill in Ireland and left them at various places including churches hoping that we will get a response.

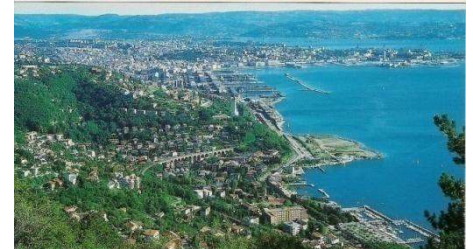
We stayed in an apartment in Venice and our hosts were very kind to us. Next holiday, well now, I am not sure....



Myself and Aunt Eleanor



Padua



Trieste



Venice



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## Fund Raising for Camphill Carrick



At Katty Barry's pub in Waterford. A cheque was presented to Carrick which was the proceeds from a sponsored women's run in the Dublin City marathon by the Lisduggan Pharmacy staff. Money was also raised by the members of the Waterford Choral Society by going around to various pubs and head shaving the men and singing Christmas carols.

A big thank you to everyone.

## Farewell To Nick and Anne



An invitation was extended to Nick and Anne to join us all for lunch and an afternoon of singing songs and reflecting on their moments in the community. A delighted Nick and Anne after receiving a gift from the community for all they contributed during their years in Brogan and Barcelona.



Singing songs and reflecting on their time spent in the community

**Birthday Wishes go to the following people celebrating their birthdays.**



Michelle Allen - 7<sup>th</sup> December  
Yohann Ivors - 10<sup>th</sup> December  
Naoya Hyodo - 14<sup>th</sup> December  
Carol O'Connor - 23<sup>rd</sup> December  
Cait O'Connor - 1<sup>st</sup> January 2010  
Tom O'Connor - 9<sup>th</sup> January  
Mary Tobin - 23<sup>rd</sup> January  
Michael Freiberg - 26<sup>th</sup> January  
Johnny Walsh - 31<sup>st</sup> January  
Anna Lena Kollenbrandt - 12<sup>th</sup> Feb  
Aodhdan Taylor - 12<sup>th</sup> March  
Samantha Allen - 13<sup>th</sup> March  
Pamela Byrne - 16<sup>th</sup> March  
Helen Liffey - 19<sup>th</sup> March  
Iona Maclean - 21<sup>st</sup> March  
Mirjam Frandsen - 29<sup>th</sup> March



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## Congratulations to the following people who received their Fetac Level 3 Certificates for Food + Cookery and Food + Nutrition



Mary O'Sullivan and Cathy overseeing the students working on their notes

For the past number of months on a Monday afternoons, 7 core members of the community were quietly beavering away completing two Fetac modules named Food and Cookery + Food and Nutrition. These modules were assessed in the spring for an award at level 3. (Certification) .The evening to present the certificates was held at The Cahir hotel on the 22<sup>nd</sup> September 2009. Well done everyone.



Proudly receiving their certificates



Also at the awards : Patricia, Mary and Naoya

**Back row:**  
James, Helen, Brendan and Shane  
**Front row:**  
Michael, Yohann and John

## My recent holiday to London - by Mary Reade



I enjoy holiday times and especially if I know that I will fly in a big plane. On this holiday in London , I visited all the sights that were to be seen . But, the coffee tastes better back home! It was just a little difficult balancing this large hat on my head.



**Rudolf Steiner**  
(Verses and Meditations)

Dwelling in  
silence on the  
beauties of life  
Gives the soul  
strength of  
Feeling.  
Thinking clearly  
on the truths of  
existence  
Brings to the  
Spirit the light  
of Will.



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Interviewer

Naoya

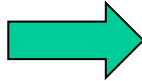
## An Interview with John Kerr on Relocating To Castle Street



Resident

John

**From**



Shared Accommodation

**To**



Independent Living

**I:** How do you like your new flat?

**J:** Nice and cosy.

**I:** What do you think about living at Castle Street?

**J:** I like to live near the shops because it is handy.

**I:** But you liked living on the land?

**J:** Yes I still do.

**I:** OK John, which do you prefer the town or the land?

**J:** Now I like the town.

**I:** Oh, that is some change!

**J:** Well I was born in a town called Athy in county Kildare, but always liked towns.

**I:** What activities do you like doing in your flat?

**J:** I like to cook a meal.

**I:** What do you cook?

**J:** Well Pizza and fries, things like that.

**I:** John, you don't cook pizza do you?

**J:** I do, well.....buy it at the shop and stick it in the oven.

**I:** Have you ever used an oven before?

**J:** Yah..No! .well.. Yah I have at my home in Dundrum.

**I:** But in Camphill?

**J:** NO.

**I:** So it has been part of your skills then?

**J:** Yah I know how to use it better now and I read the instructions to make a pizza on the back of the package.

**I:** John you said fries but what do you actually fry?

**J:** Eggs, mushrooms, sausages and rashers.

**I:** Well John, that is nearly a full Irish breakfast... For supper!!!

**J:** Yah.

**I:** How about people around you, John?

**J:** They are very nice.

**I:** Only that? You have started inviting people for supper haven't you?

**J:** Yah,.. I have been inviting Belinda, Helen, Pauline, Jackie and Eileen.

**I:** Well now John, they are all ladies! What about gents to invite?

**J:** Oh yeh, I forgot I invite James from the Farm to visit on Monday nights.

**I:** Do you want to get anything for your flat?

**J:** Ummm... Sauce pans. I want to warm up baked beans and cook my own meal like spaghetti.

**I:** So now John that is a great idea. You are now interested in cooking then? You can now do things what you learnt about when you did your Fetac Level 3 certification course.

**J:** Yah now I can have fun cooking.

**I:** I hope you can now put on some weight?

**J:** That's what I am talking about. I want to look after my health too.

**I:** Hahaha, then not too much Irish breakfast for your supper, John!

**J:** Yah I know that.

**Thank you John**



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**WELCOME TO ALL OUR NEW CO-WORKERS**, who arrived in the last couple of weeks to help in the following houses:



Kate Marie Leszkowicz from Silversprings in New York - To Brogan



Johannes Dausand from Oberkaerchen in Germany to the Farm House



Kamila Rokuskova from The Czech Republic - To Deaglan



Anna Lena Kollenbrandt from Munster in Germany - To Cuan



Fredrik Bjorklund from Visby in Sweden - To Cuan



Christine Henrico from Pretoria, came for 8 weeks work experience - Brogan

## Past Co-workers visiting in December



Aye Maung from Burma who worked in the garden



Alexander Kerber from Germany who worked on the farm



**(Fergus on the left at the wedding)**

## My Brothers Wedding - Fergus Fitzgerald

On June 30<sup>th</sup> 2009, my brother Eoghan married May Gaffey. It was the most important moment in my life. May is now my sister-in-law.

The wedding ceremony was held in Durrow, Co. Offaly near where May's family live. Eoghan and May gave me the ceremony booklet. I enjoyed it all and took part in the singing and at mass. Afterwards, we had the family photographs taken and then went to a nice hotel in Tullamore where we had the reception with speeches

and good food. Many of my relatives, family friends and Eoghan's friends from his childhood were there and I had time to meet many of them as well as May's family. I was also able to contribute towards the speeches.

Eoghan and May went off on their honeymoon a day later and enjoyed their holiday. It was a great wedding.



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## WHAT'S HAPPENING -- IN DECEMBER



**Date: 6<sup>th</sup> December 2009**

**Time: 14:00 till 17:00**

To coincide with Advent, we are holding our annual Craft Sale at Camphill in Castle Street ( Opposite the Castle ). There will be a wide variety of our handmade crafts on sale e.g. Articles from the art workshop, hand woven goods and rugs from the weavery, pottery, baskets, books, cakes as well as waffles will be on sale. Tea , coffee and juice will be served. Also games and face painting for the children and RAFFLES.



**Cushions and Table runners**



**Assorted Candles**



**Rugs**



**Pottery**



**Hand Made Christmas Cards**



**Oven Gloves**