

VOLUNTEER FOR CAMPHILL

It's an opportunity to make your mark

Who can volunteer?

- Students: on their gap year or those looking for experience
- Families: as house co-ordinators
- Therapists: to gain experience and serve a vital need
- Farmers, gardeners, or craft workers: to work on the land or in a workshop
- Individuals: those who seek change or a new dimension to their lives

Camphill offers a wide range of opportunities for people looking for a life-changing experience, and who would like to contribute their skills to a life-sharing community. The Recruitment Support Group has in the last month attended recruitment fairs in U.L. and Maynooth where they made presentations of Camphill life to students and teachers. If any schools or colleges are interested in a similar presentation please contact **Pearse O'Shiel at 087 6745486**

Who lives in Camphill?

Camphill Communities of Ireland work to create sustainable communities where children and adults of all abilities, many with special needs, can live, learn, and work with others in a healthy social relationship, based on mutual care and respect. Most communities are home for both people with special needs and volunteers. Volunteers from all around the world are attracted to this way of life. Some join for a number of months, as well as families settling in a community for a number of years. Camphill has 18 communities in Ireland



'Meal on wheel', Domic from Dingle

What can I contribute to Camphill?

Members of communities share responsibility for the tasks and cultural activities of day-to-day life, each contributing according to his or her abilities. Next to that, everyone brings their own particular skill be it music, gardening, love of cooking, crafts, therapies, and so on. Maybe all you can bring is yourself and your good will.

What are the requirements for joining Camphill?

We are looking for volunteers who are interested in people, accepting their differences, open, and willing to learn new skills. Living together with so many people is interesting but can also be challenging at times. Nobody is expected to be perfect, but you need to be willing to take up challenges and to self-reflect honestly.



Day out for all at the Japanese Gardens

Options.

We offer options for students and families who live near enough a community to come in for the day and return home in the evening, but we also need those who wish to live in community with others and fully participate in the life of the community.

Board, lodging, and a small amount of pocket money are met by Camphill.

Please look at the volunteering/recruitment link on the website: **www.camphill.ie** for information on opportunities and contact the relevant centres or persons named.

Editors Note

Welcome to the third edition of the Camphill Spirit. The main news story is the search at home in Ireland for volunteers, and connected with that the updating of our website www.camphill.ie.

We hope to spread the news of Camphill's work to a wider audience and attract young people to its challenges and rewards. We are also launching Camphill Christmas cards for sale this year and the wonderful book 'KCAT 10 years On' an ideal Christmas gift.



Please pass this Newsletter on to interested parties or request more copies.

Michael Hilary Editor

The wedding of Maya and Soufiane

A wedding that unites Maya and Soufiane – also unites Kyle and Callan!

Kyle and Callan communities are near neighbours and have shared many celebrations, but October 21st was a shared festive day with a difference. Maya Runemyr (of Kyle and a native of Sweden) and Soufiane Largate (Callan and Morocco) were joined in marriage and the two communities joined in a highly enjoyable celebration with the happy couple.

The event began in the HSE headquarters in Kilkenny, where the Registrar fulfilled the ceremony as she has done for quite a few Camphill couples over the years. A group played “Here Comes the Bride” on hand bells and a choir sang them in with an African wedding song, and the birds have had quite a feast on the rice scattered at the door. The whole party then returned to Castalia Hall in Ballytobin for a wonderful meal. Guests were delighted with the atmosphere of the Hall, beautifully decorated, and the home cooked food and home grown salads were as good as any hotel.

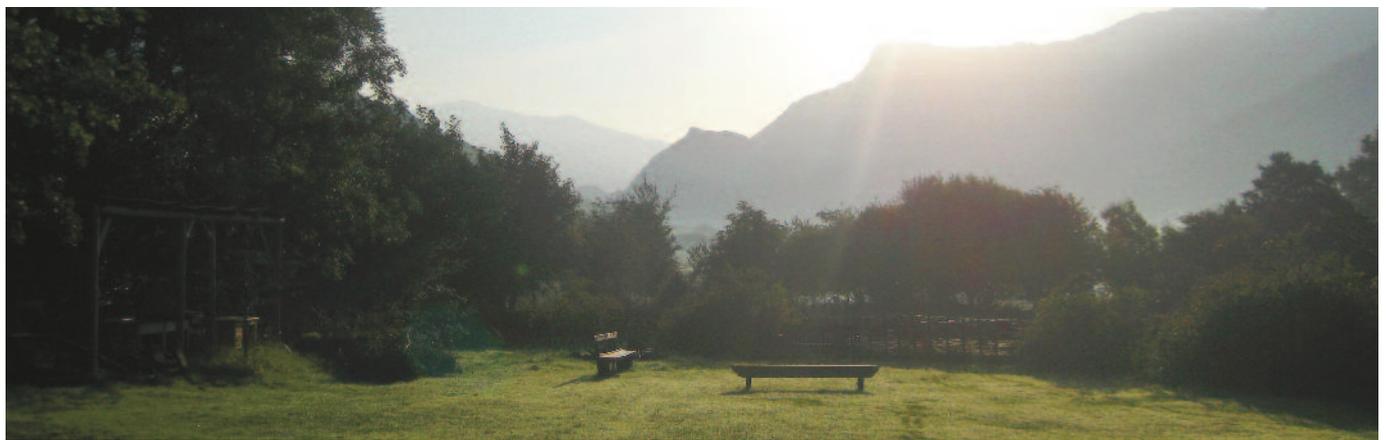
Then there were some comical sketches: a couple that looked a bit like Maya and Soufiane – but with some big differences! – appeared on the veritable “Bicycle Built for Two”. And then there was a lively disco that brought some famous dancers to the floor. A Great time was had by all, and the happy couple headed off for a honeymoon, including another wedding party, in Morocco with a lot of delightful memories of the day.



Dunshane invades the Land of the Dragon

On the 10th of September Nine Intrepid Travellers from the Dunshane Camphill Community near Naas, set out from these Irish Shores and headed to the Land of the Dragon, Wales. They spent five sun-fun-filled days exploring the mountains, beaches and castles of this beautiful country. Some highlights were the Festiniog Railway into

Snowdonia National Park, the beach at Barmouth and Caernarfon Castle. They stayed in the beautiful Nantlle Valley at Trigonos Centre and also celebrated a birthday while there as well. Our travellers returned home feeling refreshed and renewed from a wonderful time in Wales!



Engaging Business Support Workshop

held in Dunshane Camphill Community by Ann Howgego of 'Business in the Community' Ireland.

There are major advantages for Camphill to forge links with businesses under their Corporate Social Responsibility initiatives. AIB's Better Ireland programme, Tesco's Charity of the Year, the Vodafone's Foundation and many other businesses, contribute millions each year to community groups.

Why would Camphill appeal to business?

Camphill is respected in the community in the areas of Education and Training, the care of Children, Adolescents and Adults with special needs, and Sustainable Environment. Camphill's holistic and volunteer ethos will greatly appeal to business.

Local business can support Camphill in a number of ways.

A new source of volunteers, access to skills and expertise, access to materials, services and resources, (including fundraising by staff and specific projects), and promoting the work of Camphill.

Company benefits are as follows:

- ✓ improve reputation,
- ✓ helps maintain a healthy community, essential to business

Employee benefits are as follows:

- ✓ Morale, and building teamwork,
- ✓ develops existing skills and widens experience

Camphill's 18 communities have urgent needs:

- ✓ Enlarging and upgrading their facilities,
- ✓ Funding for new building projects to offer more placements, and
- ✓ Seeking new volunteers.

Please 'Consider Camphill' if you work in a company with a CSR policy which could offer support. Contact your nearest Community, the website, or Michael Hilary 087 2568810

Festivals in Camphill

Michaelmas Festival celebrates the Autumn Season

There is a structure to the year in Camphill Communities all around the world in that the Four Seasons are celebrated, through the main Festivals: Christmas, Easter, St John's and Michaelmas.

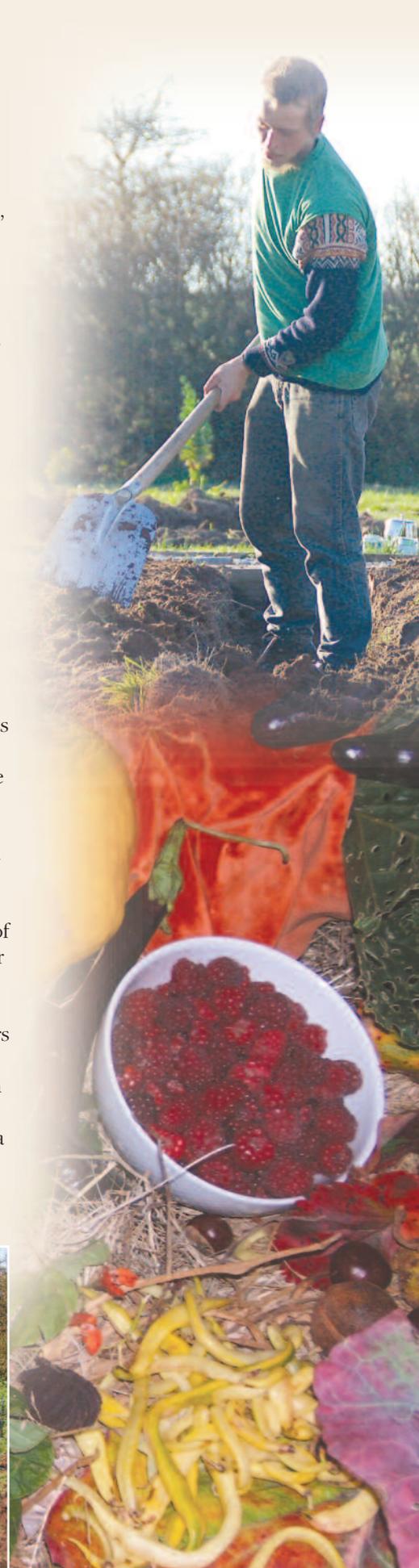
Michaelmas comes on the 29th September because of the feast of St. Michael the Archangel, which is close to the autumnal equinox. Michaelmas marked the end of the harvest, the end of the fishing season and the beginning of the hunting season. It was traditional to kill a goose at Michaelmas, also known as "Fomhar na Gean" or goose harvest. Sometimes a goose would be given as part of the rent, and it was also known to give surplus geese or other produce to the poor and needy.

St Michael was known for two main things: Subduing the dragon and weighing the souls of the dead. Michael teaches us to be courageous, to tackle our inner dragons, to stand firmly between heaven and earth, and to face the coming darkness of winter with a brave heart.

The days of slaying the dragon are long gone, but meeting a formidable foe and accepting the challenge is alive and well in Camphill. "It heralds in the darker half of the year, the arrival of shorter days and getting ready for winter and the challenges of the new season"

In Camphill in Dingle a harvest meal is prepared from the fruits and vegetables from the Camphill farm and garden. These have been lovingly grown, tended, and picked by all the members of the fledging Dingle Community over the summer months.

The dining room is decorated with dragons, flowers and other beautiful things of nature that are abundant at this time of year and candles and an evening of merriment, singing and dancing is enjoyed by all the community. They also perform a short play about Michael and the Dragon.



Camphill Community Mountshannon *By Pearse O'Shiel*

Clare Camphill Project was established in 2005 as the Clare Lifesharing Initiative (Clai) and is based in the lakeside village of Mountshannon, Co. Clare about 40 minutes from Limerick and Ennis. There are two houses and a community garden in the village with plans to develop craft workshops and to identify work opportunities in the neighbourhood. We hope that maybe someday we can have a bakery or cafe in the village. There is a strong locally based support group and growing relationships with other Camphill communities and we joined the Association of Camphill

Communities in February 2009. We have a close relationship with the Camphill Community in Dingle and are currently exploring how we can work effectively and support each other.

Our Community is still in its pioneering stage and we need to continue to build our capacity to respond to the needs that come towards us. Over time we will seek to integrate fully into the life of the village using the good relations that have developed in the the community in East Clare over the years (www.mountshannon.com).

ASPECTS OF OUR LIFE

The Garden

We rent a piece of land near Clai House from a local farmer and Jelle, our gardener, reckons that it is the best soil he has ever worked with. The garden has produced crops and we are now dining on some fine spuds, hot peppers and something described variously as turnip or swede. This year Jelle and Rebecka produced the best crop of all when Sigrid was born. We won't mention the carrots (wet summer) but we have plans next year to include our neighbours in a kind of community garden. Martin will take over the garden as Jelle and Rebecka return to Sweden and with his partner, Madlen, they will also produce a child around Christmas time. This year the garden team has included just about everyone in the community. Even Richard, who is not a natural gardener, gives a hand. He is keen to develop his work with animals and we hope this can happen over the coming year.

Weavery.

This year's big project is to complete our weavery at Clai House. The wall frames are in place (September 2009) and we are now seeking donations so we can complete the building and move the looms from the sitting room of Clai House. We are short of space in the house so we need to get a move on with the weavery, so Neil, who is heading for six foot, can have the elbow room he needs to work on the large looms.

Steiner School

We are lucky that in the nearby village of Tuamgraney Ireland's first Steiner School is situated, nestled in the woods at Raheen. Raheen Wood Steiner National School has two Kindergartens and Classes 1 through to 8, and celebrated its 21st. birthday last year. The school has been granted provisional recognition by the Department of Education and Science and there are plans to build a new school over the coming years.

The community can be contacted through:

Clai House, Mountshannon,
Co.Clare,

Telephone 061 926840 or
through

Inis House, Mountshannon,
Co.Clare,

Telephone 061 926917

Email address:

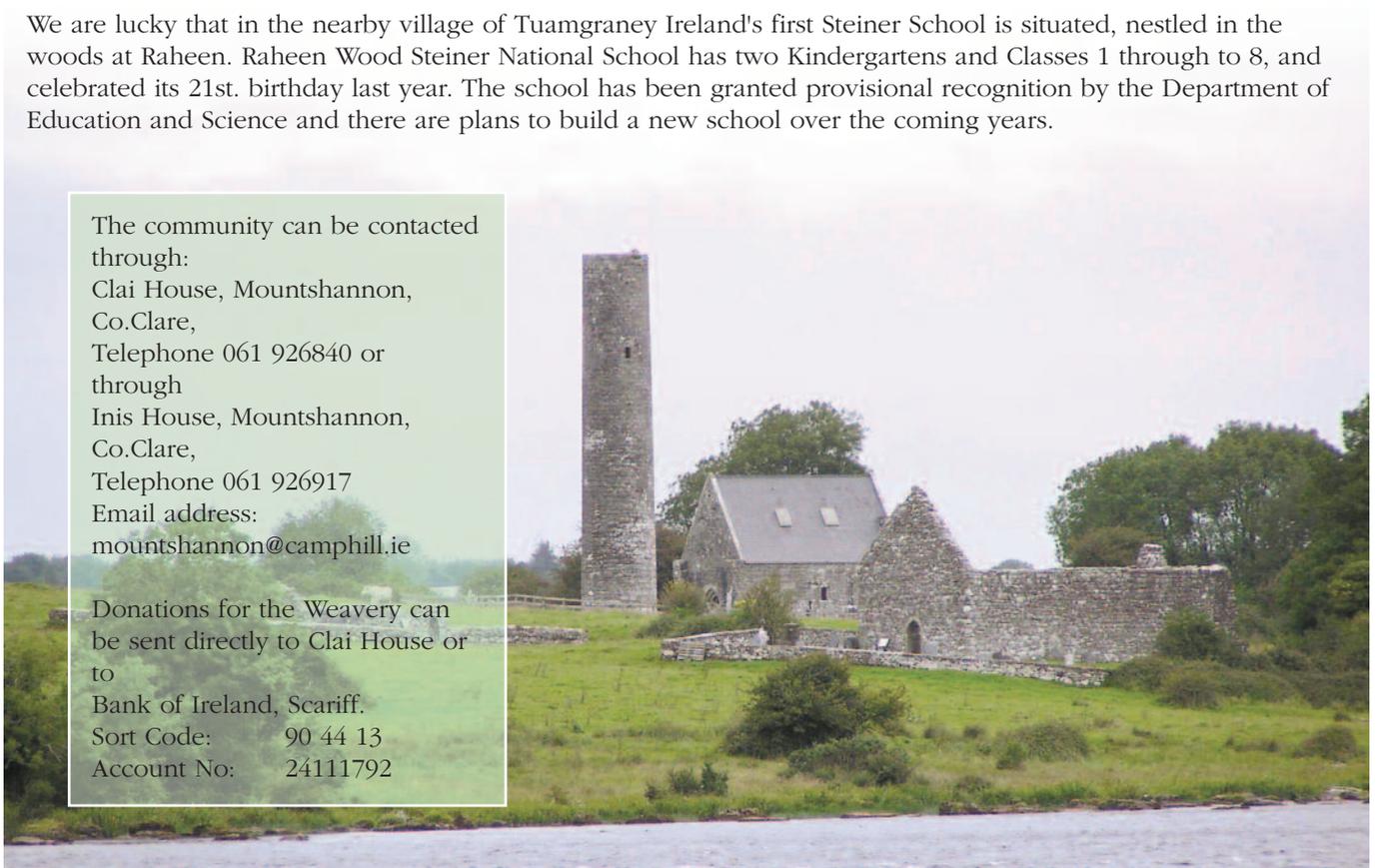
mountshannon@camphill.ie

Donations for the Weavery can
be sent directly to Clai House or
to

Bank of Ireland, Scariff.

Sort Code: 90 44 13

Account No: 24111792



Picture of Holy Island, Lough Derg taken from the Mountshannon Community

VIEW FROM THE NORTH

News from Northern Ireland Camphill Communities

Camphill is a 'Ray of Light' says Health Minister

Since taking up post as Minister for Health, Social Services and Public Safety in Northern Ireland, Michael McGimpsey has made no secret of the fact that the area of learning disability is a key item in his Ministerial agenda. In light of the fact that the Camphill Communities in Northern Ireland have been supporting, educating and caring for children and adults with learning disabilities for over fifty years, the Minister was pleased to be given the opportunity to witness just a little bit of this provision during a visit to Camphill Community Glenraig.



Representatives of all four of the Camphill Communities in Northern Ireland – Glenraig, Clanabogan, Mourne Grange and Holywood were excited to welcome the Minister, who in spite of his huge portfolio gave a morning of his time to attend the community. Mr McGimpsey was accompanied by Lady Sylvia Hermon, long-time supporter of Camphill in Northern Ireland, who called Glenraig 'a wonderfully inspiring community'.

The Minister could hardly fail to be impressed as he was given a whistle-stop tour of Glenraig's beautiful surroundings by a team of tour guides that included some of the community's adult residents. After paying a visit to the children on a break from Glenraig Curative School, he spent some time on the farm where he was at ease chatting to the farmers about their work and life at a Camphill Community. The Minister was also given the opportunity to observe home life in one of the children's houses at Glenraig, which he called "a marvellous set-up".



The Minister did get a chance to relax after his busy morning and was treated to a mesmerising performance from a group of lyre players while enjoying some of Camphill Holywood's finest produce! Addressing the Minister on behalf of the Camphill Communities in Northern Ireland, Gaile Morton and Vincent Reynolds spoke about the very special nature of the work that takes place within Camphill in Northern Ireland, as well as highlighting the challenges being faced by the communities today.

The Minister welcomed the opportunity to say a few words and told of his delight at being present at Glenraig. Speaking about the great importance of the area of learning disabilities within his Department, the Minister said, "I have said over and over again that this is the number one priority for me in terms of development and I hope that you folks will benefit in some way from the fight that we have just had over the three year budget up



ahead".

Clearly impressed by what he termed the "Camphill approach", the Minister paid tribute to the "obvious inclusivity and therapeutic approach" of the Camphill communities. He went on to praise the dedication and professionalism of staff and highlighted the importance of drawing attention to the wonderful work that takes place within Camphill, enabling people with special needs to live fulfilled and dignified lives. He continued, "I am delighted to be involved and I assure you that I will give you any support I can, because it seems to me that this is a ray of light in an area that doesn't always have lots of light on it. I think it's an area that would certainly benefit from this type of approach and you are

Fun and Fundraising



Claire Quinlan & Tsholofelo Kganga and friends

On Monday 1st June, 2009, thirty runners representing Carrick, Grangemockler, Greenacres, Callan, Dufcarrig, and the Journeyman, ran in the mini-marathon around the streets of Dublin. They were sponsored to the tune of **€6,000**.

It is hoped to have all the communities participate next year. Parking and changing facilities for the runners and refreshments afterwards were generously provided by John Loughran of the Mount Herbert Hotel in Dublin. He has kindly offered the same next year, when we hope to have 100 runners representing co-workers, family members and supporters of Camphill.

The seventh Annual Race Night on 25th June, 2009 at Leopardstown Racecourse was attended by 250 parents, co-workers, villagers and supporters raising a total of **€21,000** for the Therapy Building in Ballytobin, Camphill Callan's renewable energy initiative Cresco and wheelchair facilities in Francis House in Duffcarrig. Another great night was enjoyed by all.



Frank O'Sullivan, Larry Kelly & Jenny Mooney

A Dinner Dance was organised by the Carrick Family and Friends Support Group at the Minella Hotel in Clonmel. A sum of **€25,000** was raised for the Journeyman Project. Pawel Tomal showing his moves.



The Camphill Rugby team took part in the inaugural "Jameson" sponsored Dublin Rugby Oldies "Tip Rugby Tens" at the Wanderers Rugby ground on Sat.12th September. The team featured Bill Quaid from the Dunshane Camphill Community and Young Ryoo from the Greenacres Community in Dublin. **€4400** was raised for Charity.



The winners of the 2009 National Fundraising Awards: (from left to right) Michael Sheridan of the Mercy University Hospital Foundation (Fundraiser of the Year - Large Organisations), Michael Hilary (Volunteer Fundraiser of the Year - under € 100,000 raised), Patrick Burke for Simon Communities of Ireland (Fundraising Campaign of The Year - Large Organisations), Mary Kennedy (host of the Awards), Stuart McLaughlin of Business to Arts (Fundraiser of the Year - Small Organisations), Margaret Gill for Self Help Africa (Voluntary Fundraiser of the Year - over €1000,000 raised) and Sheila Campbell of The Down Syndrome Centre (Fundraising Campaign of The Year - Small Organisations).

Art & Inclusion

This exciting coffee table book and DVD documents a broad cross-section of work and people at KCAT Art & Study Centre over the past ten years. It is a wonderful reflection of the vibrancy and inclusiveness of KCAT as an arts community, emphasising the working process.

A must read for anyone working in the area of the arts, inclusion, education, arts practice, special needs, this book includes essays from leading experts in these fields setting a context for texts from KCAT facilitators, tutors, mentors, artists and students, documenting this progressive model of practice
 Art & Inclusion - The Story of KCAT 183 pages full colour
 Accompanying DVD included in back cover. ISBN 0-9548559-3-0

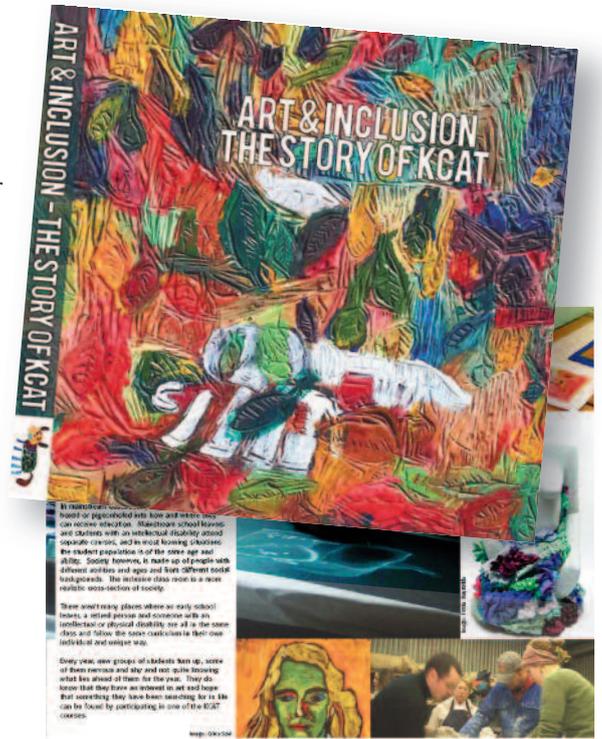
The perfect Christmas present for only €25 (€7 P&P)

To order your copy:

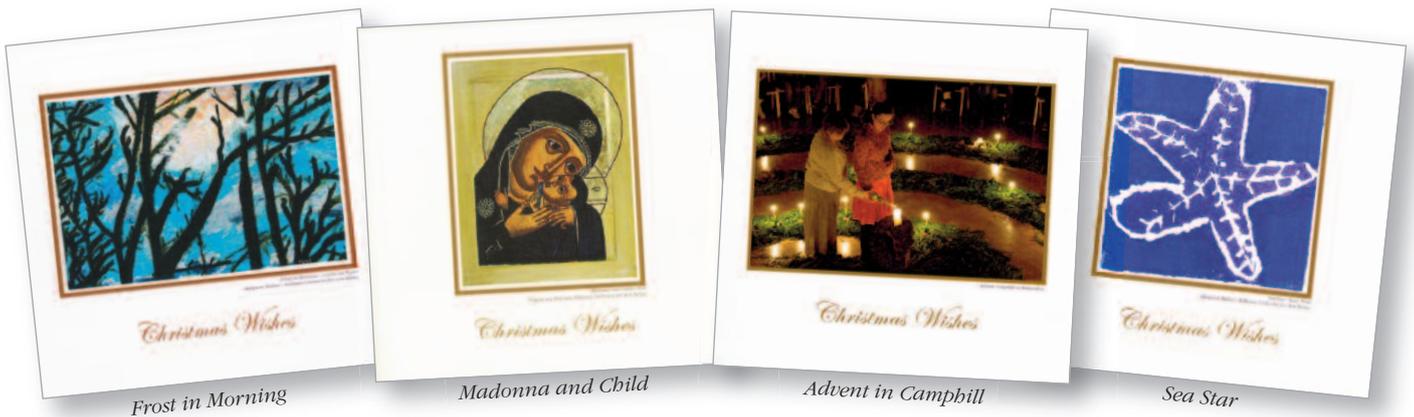
Make Cheques and Postal Orders payable to "KCAT" and send to **KCAT Art & Study Centre, Mill, Lane, Callan, Co. Kilkenny**

Credit Card please use our Donate Facility on **www.kcatkcat.blogspot.com** stating Bookorder

For more information please contact **barbara@kcat.ie**



Camphill Christmas Cards 2009



Cards (160mm x 160mm), m 8.00 per pack of 8 (2 of each) plus m 1.80 p&p

Order form (or photocopy)

I would like to order packs at a total price of	n
Please add Postage and Packaging @ n1.80	n
Donation.....	n
Total.....	n

Signature

Cheques and Postal Orders should be made payable to **"Camphill Communities"**

Credit Card please use our Paypal Facility on **www.camphill.ie**

Please fill in your name, address and telephone number

Name Address

If you would like to be kept informed about our work and would like to receive subsequent issues of Camphill Spirit in electronic form (pdf), please send your email address to: Michael Hilary (087-256 8810), Camphill Spirit, c/o Camphill Communities, 1a Farmhill Park, Goatstown, Dublin 14, or email to: fundraising@camphill.ie