Camphill Spirit
Newsletter of Camphill Communities of Ireland Issue 5

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AOL helps Dunshane

AOL (America-on-Line) celebrated their 25-year anniversary around the world by donating a day's hard work to charity.

On Thursday, the 20th of May, 40 AOL personnel invaded Camphill Dunshane armed with wheelbarrows, shovels,

cleaning equipment, shears, buckets of gardening gloves and bags of enthusiasm. It was a beautiful day to get away from the computer screens and to shift from software engineering to shovelling, scraping, cleaning and painting. It soon became apparent that this was not seen as just a bit of fun. Serious work was undertaken and in only hours, houses were spring-cleaned, the Secret Garden was

brought back to a civilised state, a poly-tunnel was filled with compost and rotivated; garden walls were de-ivied (figure that one out) and the garden was weeded. All that deserved a good lunch ... and a good lunch was had. Both

parties genuinely enjoyed the day and we wouldn't be surprised if some of the AOL workers would become regular visitors. Not only is Dunshane very grateful for all the work done, but also for the spirit in which it was undertaken. It's a terrific example that we hope will be followed by other companies.

Fantastic worthwhile experience

Michiel from Dunshane said it was a fantastic worthwhile experience for the Community and the joint lunch of hamburgers, sausages and salads with all the students and coworkers in the Courtyard, in the warm sunshine was a happy occasion. Student Dermot enjoyed great

banter with the friendly AOL staff while Aine Ryan remarked they all seemed very clever. The benefit to Camphill will continue as AOL have offered computers whenever they are replacing them and have also offered training. A number of the workers also arrived to support the Open Day on Sunday 20th June.

Business in the Community initiative

AOL from Citywest South Dublin offered their workday in Dunshane after an introduction by Business in the Community. Many companies support and encourage their employees to volunteer their services to local community groups and there is great potential for charities like Camphill to work with companies and enlist the help of motivated and skilled volunteers.

To pursue similar opportunities contact your employers, or Ann Howgego or Louise Murray from Business in the Community at 01 8747232 or Michael Hilary at 087-2568810.

Vive la difference

The HSE seeks to achieve conformity from 'service providers' in the care of people with special needs, with clear employee/client relationships. However, Camphill strives to retain its ethos, its shared living, its love, support and interest in other human beings.

Camphill are intentional communities, where co-workers shape their lives together with people with special needs and are prepared to live as a community in a brotherly way and strengthen social responsibility.

This care extends to concern for the natural environment, where bio-dynamic farming methods produce an abundance of foods which the communities enjoy.

See Camphill in Action through the Community profiles inside from Ballybay and Jerpoint, and share the coming together at the Callan Festival and the Mini-Marathon in Dublin.

Enjoy and spread the word.

Michael Hilary Editor

Ballybay Community Profile

by Anne Horan

Kevin Lambe with Mariana

Camphill Community Ballybay is a life sharing community for adults with special needs, set among the green rolling hills of County Monaghan. The Community is home for around 30 people, who live together in a three house community. Arts and crafts play an important part of the life here with colourful and creative weaving and candle workshops and an art therapy studio.

Aspects of the weavery workshop

Other workshops include a bakery, and a certain amount of food processing.

There is a lively cultural and social life within the community. Different activities take place in the evenings and at the weekends including folk dancing, music workshops, study groups and much more. Birthdays and seasonal festivals are celebrated around the year, and in Ballybay one is never far from the next celebration.

So too, in the wider community where there is a strong local connection to the town of Ballybay and further afield, with Camphill Ballybay being very much welcomed at the local events.

Caring for the land in a sustainable way is another important aspect of life in Camphill Ballybay. The community has 25 acres on site and rents a further 60 acres from the Ballybay Wetlands centre with whom there is a growing partnership.

Bio-dynamic gardening and farming which is done here,

The vegetable garden

make a big contribution to the environment and the ecology. Both the garden and recently rebuilt farm care for the land organically using the bio-dynamic method with the intention of creating a healthy local environment that provides a vibrant workplace, quality produce and bio-dynamic agricultural training, and at the same time being

House on the hill

a pleasing natural amenity.

A new house was built in Ballybay which is a special house, in as much as it has been designed to be a 'low-energy' building. Two thirds of the house is heated with the aid of solar panels, and there are also eight 'sun spaces' to catch as much light as possible during the day.

Those who developed this Community only some 16 years ago, installed a reed-bed system for the sewage. Many Communities have these reed-beds and they contribute in a very large way to the environment and ecology of the area.

Recycling is an important part of our daily life and it is a pity that the whole area is not more developed in Ireland, as the public recycling collections only cover a limited number of items. We have to see to the recycling of the rest ourselves. Caring for the environment and the ecology is very dependent upon our consistent consciousness. In the Community we hope to keep that awareness at as

high a level as possible.

The home is very much the heart of the Community and for all those who live there life sharing is all about creating a home together.

Villager Profile Fergus FitzGerald

Fergus with his Dad and picture of tree

My name is Fergus FitzGerald and I have lived in Camphill Carrick-on-Suir for eleven years. From September 2008 I enjoy doing art on Tuesday and Wednesday at KCAT in Callan. I can paint or draw and I can do some sculpture from combined materials or hay. I can do printmaking and I can study some other artists' work for inspiration as well.

For printmaking, I draw a design on paper and I copy it onto some lino of wood. I paint most of the lino or wood and put some paper directly onto it and put it through the press. It can work out well or badly but I always hope for well of course.

The combined materials can be of an artificial object or a natural object, or of a self-portrait. You use chicken-wire, papier-maché and glue and you make it look like a theme. I chose Roma for my combined-materials self-portrait. For my hay-sculpture I made a skull and changed it into a head and my father bought it at the end of year show.

Fergus with Sarah

I started KCAT on a Tuesday, 15-9-2008, as I needed some changes for my work in Camphill and I have always enjoyed art. I also do gardening, but much less from summer 2005. I don't know what I enjoy most about KCAT, but maybe it's doing art in a friendly atmosphere. It has been very beneficial for me. When I leave it, I hope to remain friendly with KCAT and then learn baking and cooking in Camphill Carrick-on-Suir.

The picture on the left is me with Sarah, my first time as an uncle. My brother Eoghan and his wife May were delighted on the birth of their first child born in Dublin on 19th May 2010. She is a very healthy baby and all the family are very happy.

Camphill Communities of Ireland

At present Camphill Communities comprises 18 centres that are both home and workplace to over 500 people. For individual details see website at **www.camphill.ie**

Co-worker Corner

Stephen's graduation

On 3 June, we had a celebration in Ballybay Community to mark the graduation of Stephen Buckley. Stephen, who hails from County Cork, came to us two years ago from Ballytobin in order to train as a Bio-Dynamic Gardener. He was apprenticed to Christian and worked in the Garden; he had study hours and homework and projects; he attended courses at Emerson College, and besides all that he was a great all-round co-worker in every way.

On his graduation, Stephen was presented with his Certificate by Christian. He spoke to the community about his training process, and Christian and Thomas made some inspirational contributions. Stephen's family were there for the occasion, and they are rightly very proud of him. Stephen will now be a Gardener in Germany, and we hope they know how lucky they are to have him.

Stephen being presented with his Certificate by Christian (above) and with his parents (right).

Jerpoint Community Profile *by Brigitta O'Connor*

Camphill Jerpoint is now 18 years old and is a small thriving adult residential community of 25 people with another 20 who come on a daily/weekly basis. It is set on 10 acres in beautiful countryside close to the river Nore and adjoining the Mount Juliet Golf and Country Club Estate near Thomastown, Co. Kilkenny. We have two larger houses of 10 people each and other smaller units and this year we have 7 young volunteers who have come from all over the world to help us.

The vegetable garden and house

The cycle of life at Jerpoint revolves around the community's heart and centre, its extensive vegetable and herb garden and small holding with milking cows, chickens, pigs and ponies. We grow most of our own vegetables and have an abundant supply of fruits and berries in the Summer and have a lovely herb garden. We supply herbs to local health food stores, and fruit and vegetables to the Camphill Watergarden Café in Thomastown.

Vitus and James sorting potatoes

The Mustard Seed, our new food processing workshop, is a fabulous addition and our first purpose built indoor workshop. The top half is residential and is home to Declan Byrne, with room for one or two co-workers and is called 'Apple Blossom'. The ground floor is workshop. There are two very spacious rooms, one is the main kitchen, and the other is the storage and packing room, and there are shower and toilet facilities. Beautiful cupboards have been built, walls painted, shelves completed, stainless steel ovens and fridges installed and granite worktops are in place. Work has started and is at the beginning stage. All the wonderful produce from Marijke's garden is being processed.

Gervaise and Sara-Lea in the new kitchen

Marijke spoiling the pigs

Cucumbers have been picked, tomato sauces prepared and some wonderful breads and biscuits have been baked as well as our herbs been dried and packed. It has so much potential, just like the mustard seed whose name it bears.

Coffee break

Activities and Festivals

Many of our people go out to work for part of the week at other Camphill initiatives, KCAT in Callan, the Journeyman Programme in Carrick-on-Suir and the Watergarden Café.

Throughout the year we have VEC Courses which are run by local people. This year they included Archery and Music. The Archery was great, everyone had a go.

The noble art of archery

We practiced in the barn, slowly moving away from the targets and then had a competition on the lawn, in the sunshine, for our grand finale.

We celebrate most of our festivals with Thomastown and the local neighbours and we have great parties with the nearby Kingsriver Community.

The Women's Mini Marathon

Camphill Ladies raise €25,000

Duffcarrig ladies look forward to the challenge

Claudia and Maggie from Dunshane leading the charge

The Flora Women's Mini Marathon over 10k took place on a very wet day in Dublin on Bank Holiday Monday, June, 7th 2010. In total there were 40,397 runners from all over the world.

The Dublin Mini Marathon is the biggest all women event of its kind in the world and a major event in every charity's organisational calendar including Camphill.

121 volunteers were drawn from all communities in Ireland from Ballybay to Carrick-on-Suir and Dunshane and Greenacres in between.
All ran or walked in support of Camphill Communities and in excess of **€25,000** was raised for individual communities, thanks to their efforts.

About 70 Camphill participants enjoyed the facilities offered by the Mount Herbert Hotel in nearby Ballsbridge, and arrived in time for a pre-run lunch and change of clothes. After that, the Greenacres bus began ferrying people to the start at Merrion Square and back afterwards for a hot shower and refreshments. Our thanks to John Loughran of the Mount Herbert for his support, which he has undertaken to provide again next year, when we hope to double our participation and funds raised.

For information, sponsorship cards, or tee shirts, contact Michael Hilary at: 087-2568810.

Some of the runners from Callan and Carrig

Preparation is everything

Some of the ladies were doubtful

Camphill Callan and the Abhainn Ri Festival *by Patrick Lydon*

The first week of August saw the inaugural Abhainn Ri Festival in Callan, and both Camphill Callan and KCAT were heavily involved in the festivities. There were hectic weeks of preparation before it, and the 10 days of the festival itself were certainly over-busy, but it was a new expression of how Camphill's experience of the cultural aspect of community can be shared in a much wider circle and how it can be a genuine inspiration to a whole town.

The whole idea was inspired by the K-ten celebrations, one year ago. That brought together groups of able and disabled people in creative workshops that generated an open air performance in the Abbey Meadow in front of KCAT. It all ended with a top-class fireworks display, the first that anyone could remember in Callan, and it was estimated that there were 1500 people (roughly the total population of the town!) gathered in the car park for the event.

The Boxing Club held a display of their young female stars; marquee dancing, once a great Callan tradition, was revived; the Variety Club put on a special show, local Vintage enthusiasts held an impressive field day of tractors, motor bikes and cars; a wide variety of art exhibitions were held; ethnic groups prepared exotic meals; there were many children's activities; and a variety of tours and demonstrations highlighted the Renewable Energy activities in the Callan area.

Two great events were the highlights of the ten days: the "Callan Will Be!" street theatre/performance Parade on the opening Sunday, and the Spectacle Finale on the closing Saturday. Both of these were inspired by KCAT events and featured a delightful mixture of able and disabled people creating art events together, with many Camphill participants showing everyone how to be creative and have fun at the same time!

The public response was overwhelming: there was a lot of enjoyment and also a lot of gratitude for a heart-warming event in a sobering time. A local correspondent in the Kilkenny Reporter wrote: "Callan festival proved to be a resounding success, and has been hailed by locals as the finest example of community spirit witnessed in the town for generations."

Eoghan O'Brien and Bryan Frisby

Emma Keane

Fintan Kelly

M.J. Scallon

Camphill collection boxes

The Camphill collection boxes have been a big success this year.
Launched with the support of the Camphill Family and Friends Association, many communities are benefiting from vital regular funding through the distribution of a Camphill Collection box around their towns. Regular amounts of between €100 and €200 can be expected from a good site.
Dingle, Kilcullen, Callan, Dublin and other areas, are reaping the rewards of the generous support of local retailers and their customers.
If you have a suitable home for a box, **contact your local Camphill community or Michael Hilary at: 087-2568810**

mycharity.ie

Great news for Camphill Communities, for fundraisers and for donors - We are now supported by **mycharity.ie** Mycharity.ie is dedicated to providing services to Charities and fundraisers alike to make it as easy, simple and safe as possible to raise money for Charity. Raising money through mycharity.ie is a most cost effective way for Charities to fundraise, and provides a unique way to publicise events to family, friends, relatives and colleagues.

Are you a Fundraiser?

Fundraising is easy on www.mycharity.ie – you just go to the homepage mycharity.ie and

* click on 'create a fundraising page'
* choose your event name and date
* select your Charity (Camphill)
* fill in details of fundraising page name and money target
* then e-mail the link to friends and anyone who may support you

That's it, you're live, and the monies will roll in, and are transferred to the Charity.

Recently Derek Coppinger completed the Ironman Triathlon in Toronto Canada in aid of Camphill and has raised **€4850.00 to-date.** The online donations are still growing. See his link at:
www.mycharity.ie/event/derek_coppinger_ironman/

Camphill is now also live on Facebook and Twitter which is a good way to spread the good word of Camphill amongst your friends and network.rr

The Journeyman Programme Update

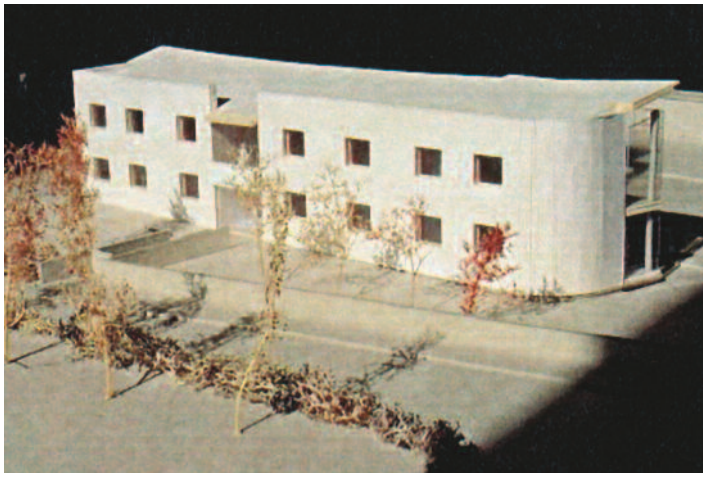
Fred Sullivan

Thanks to all the work of our Fundraising Committee in Carrick-on-Suir to raise funds over the last 2 years, and thanks to everyone who ran for us in the mini marathon this June bank holiday in Dublin.

The good news is the Journeyman Programme is now in a position to build our long awaited new centre in Carrick on Suir . So after waiting 7 years, we finally are able to rubber stamp the project to commence building and turn the first sod before the year is out!

The centre will provide a wide range of educational and social opportunities to young people with an intellectual disability between the ages of 18-25 years old. Courses in arts and crafts, horticulture, communication and social skills help each young person to reach their potential and develop their confidence. Most people who attend this day service have just left school and are preparing for their next step in life...

Please help the National Fundraising Committee to raise much needed funds to support the Journeyman Programme to build this new Centre for the future.



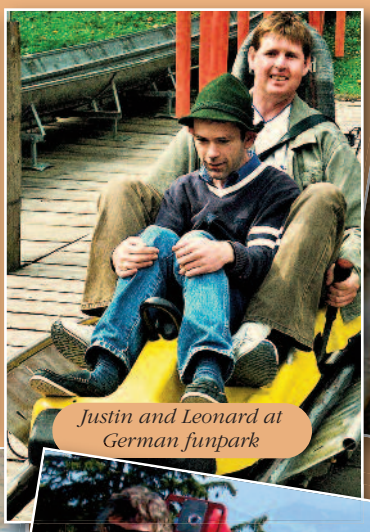
Model of the proposed Journeyman Centre

The Journeyman crew 2010

Holiday Greetings

Like other family groups, Camphill enjoys taking Holidays and visiting exciting places.
During the year a Camphill Community house is likely to pack some suitcases, load up the minibus, or board an airplane. The pictures seen here are just a few showing Camphillers enjoying a break.

Lizzie and Michael from Ballybay

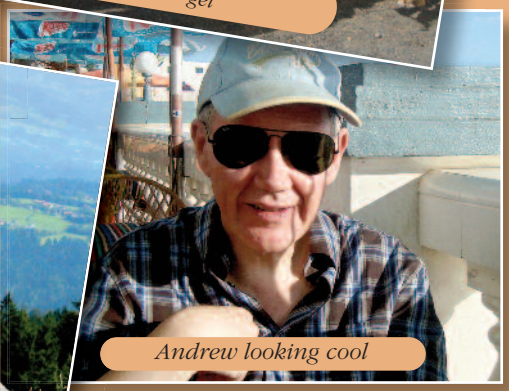


Justin and Leonard at German funpark

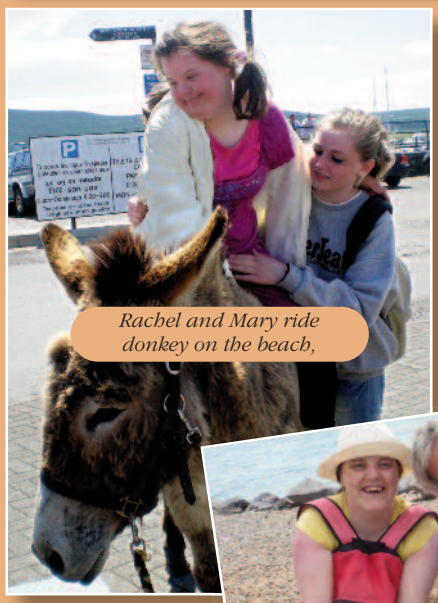
Siobhan and Shane get

Rebecca and Song

Grainne and Mark can see the Alps

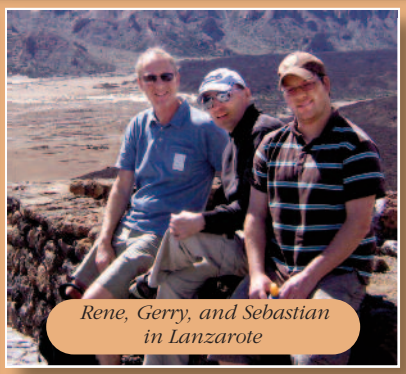


Andrew looking cool

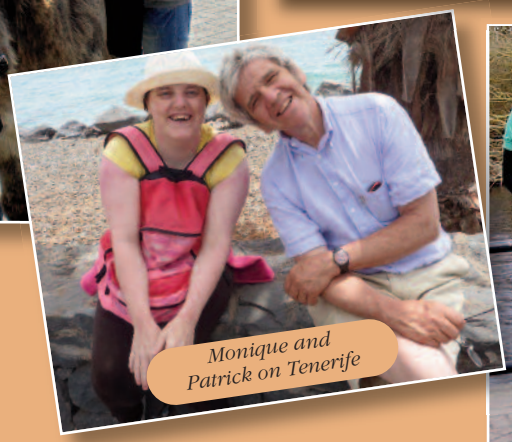


Rachel and Mary ride donkey on the beach,

Krakow driving experience for Siobhan and



Rene, Gerry, and Sebastian in Lanzarote



Monique and Patrick on Tenerife

The Teach na Greine crew from Dunshane on a weekend away.

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