



JANUARY 2014 NEWSLETTER

In our January Issue:

- ~For Your Diary...
- ~HAPPY NEW YEAR Poem
- ~2014 the Year of the HORSE
- ~'Brothers in Arms' by Lee Adams
- ~The Supper Club

FOR YOUR DIARY....

Camphill Country Market - 2nd February 2014

10am till 2pm.

On our Menu: At the Bay Leaf we have Cool Fresh Tropical salads, Goulash & Pita Breads with Roasted Veg and a Delicious range of home baked Cakes, Coffee, Tea and Cool Juices! At the Braai we have Bacon & Egg rolls for breakfast & Boerewors Rolls for lunch.

Stallholders will be selling Crafts, Jewellery, Books, delicious Olives & Olive Oil from Kasteel Kat in Riebeek Kasteel and Camphill's quirky Charity Shop is bursting at the seams with treasures.

Bring the children along with their cozzies as we have a waterslide and paddle pools.

We have tractor rides around the farm for young and young-at-heart.

Its a great fun day for the whole family and we look forward to seeing you!



- H** – Hours of happy time with your dear ones
- A** – Abundant time for relaxation
- P** – Prosperity
- P** – Plenty of love when you need it the most
- Y** – Youthful excitement at life's simple pleasures

- N** – Nights of resful slumber
- E** – Everything you need
- W** – Wishing you love and light

- Y** – Years and years of good health
- E** – Enjoyment and mirth
- A** – Angels to watch over you
- R** – Remembrances of a happy year!

Chinese New Year: 2014 the Year of the HORSE

Chinese New Year is the longest and most important celebration in the Chinese calendar. The Chinese year 4712 begins on Jan. 31, 2014.

Chinese months are reckoned by the lunar calendar, with each month beginning on the darkest day. New Year festivities traditionally start on the first day of the month and continue until the fifteenth, when the moon is brightest. In China, people may take weeks of holiday from work to prepare for and celebrate the New Year.

Fireworks and Family Feasts

At Chinese New Year celebrations people wear red clothes, decorate with poems on red paper, and give children "lucky money" in red envelopes. Red symbolizes fire, which according to

legend can drive away bad luck. The fireworks that shower the festivities are rooted in a similar ancient custom. Long ago, people in China lit bamboo stalks, believing that the crackling flames would frighten evil spirits.

The Lantern Festival

In China, the New Year is a time of family reunion. Family members gather at each other's homes for visits and shared meals, most significantly a feast on New Year's Eve.

The lantern festival is held on the fifteenth day of the first lunar month. Some of the lanterns may be works of art, painted with birds, animals, flowers, zodiac signs, and scenes from legend and history. People hang glowing lanterns in temples, and carry lanterns to an evening parade under the light of the full moon. In many areas the highlight of the lantern festival is the dragon dance. The dragon—which might stretch a hundred feet long—is typically made of silk, paper, and bamboo. Traditionally the dragon is held aloft by young men who dance as they guide the colourful beast through the streets.

A Charming New Year

Legend has it that in ancient times, Buddha asked all the animals to meet him on Chinese New Year. Twelve came, and Buddha named a year after each one. He announced that the people born in each animal's year would have some of that animal's personality. Those born in horse years are cheerful, skilful with money, perceptive, witty, talented and good with their hands. Famous people born in the year of the Horse are Rembrandt, Harrison Ford, Aretha Franklin, Chopin, Sandra Day O'Connor, and President Theodore Roosevelt.

HAPPY YEAR of the HORSE!



'Brothers in Arms' by Lee Adams

Lee Adams (LA): How did you come to hear about Camphill Village?

Alexander Bentkamp (BA): My brother Lukas is a volunteer (Young Co-worker) in Camphill Village and he invited me to visit.

LA: You did quite a bit of work during your 3 week stay in Camphill – which workshop did you enjoy the most?

AB: Most definitely the garden and milking on the farm.

LA: Tell us a bit about some of the tasks you did in the garden...

AB: I did the hoeing, harvesting the vegetables and packing, weighing and washing the vegetables for sales.

LA: Have you worked with special needs persons before?

AB: Yes I have, but not intellectually challenged persons. I worked with blind teenagers in Togo for one year via an organisation called The International Cultural Youth Exchange.

LA: Have you noticed any changes in Lukas?

AB: Lukas has grown in many ways especially socially, and his cooking skills have really improved. I think he is doing quite well in Camphill.

LA: What are some of the things you learnt to do here in Camphill?

AB: In the garden I learnt to plant and harvest vegetables. I baked my first loaf of bread in the bakery. On the farm I did compost collection, herding cows and milking. In Huis-ten-Bos I learnt, amongst other things, to make a proper 'white sauce'.

LA: So your experience in Camphill...

AB:has been great! Thanks to my brother for inviting me. I will definitely visit Camphill again on my next trip to South Africa. For now, onward to Togo.

LA: We wish you good luck on your journey and every success for the work you're going to do in Togo.



Alexander Bentkamp.... milking cows...



Lukas Bentkamp - currently a young co-worker in Camphill.

The Supper Club

Our hardworking Bakery Team decided to do something which would create a closer connection between residents in the Village, especially those living in houses far apart and who may not always have the opportunity to get into contact with some of the newer residents who have joined Camphill over the last two months.

They also thought of giving the grouphome leaders and domestic team leaders a break from and maybe have some time to relax from the usual house responsibilities, all be it for just one evening.

The Supper Club was born and the team got cracking making delicious roast chicken, roast potatoes, caramelised butternut, creamed spinach & mushroom and honeyed carrots and rice; both the spinach and carrots came from the Camphill veggie garden. The young co-workers assisted by serving the food to everyone.

Originally the team anticipated 60-80 people but ended up with 137 supper club diners. The meal went down like a happy song and the event was a GREAT success. The Bakery Team have been inundated with requests ever since for the date of the next supper club event. After much consideration they decided to make the Supper Club a regular event which will take place every 3rd Wednesday of the month.

The next Supper Club will have a menu to die-for-doll: Meat Lasagne & Veggie Lasagne, Seasonal Salads and FRESHLY baked Italian Bread....off course!

Its been a wonderful exercise for the bakery team showing them how well they can work together as a team, producing something other than the normal bakery products....its an exercise they have thoroughly enjoyed and with broad smiles they're looking forward to the next Supper Club.

The Bakery team would like to encourage people within the greater Camphill community to

join this lovely event....the meals are VERY reasonably priced with a take-away option.

Date of the next Supper Club: 19th February 2014, 18:30 at the Bay Leaf

To book a seat or a take-away meal, contact the Bakery Team by the afternoon of Monday 17th February 2014.

You can email them at: thebakery@camphill.org.za or call them on tel: 021 571 8611.



Young co-workers dishing the deelicious supper & happy Supper Club diners...