

Camphill Village Copake



Winter 2018

# VillageView



# Village Happenings

## Festivals

### Chinese New Year in Camphill Copake

by Aijia Men

On the lovely warm night of February 15, we welcomed our Chinese New Year according to the lunar calendar. And this marked the end of the Rooster Year, and the beginning of Dog Year, which ranked the 11th in the circle of 12 Chinese zodiac animals. The night started with a buffet of cuisines contributed by all the Chinese people in the village, mostly the host family of Xiwei and Xidong in Aspen House. We also had the honor to invite Helen and Carl, and Ted. We blessed the meal with a Chinese New Year's song that wishes the best for all in the coming year. The dishes on the table included traditional daikon rice cake from Guangzhou; boiled chicken slices served

with ginger and scallion sauce; mapo tofu; potato in hot sauce; fried rice with shrimp, peas, and cucumbers; and fried dumplings. It is the best time of the year to eat without any guilt and just enjoy the food as much as one wanted.

Following the wonderful supper, we gathered in the living room to enjoy the beautiful piano piece performed by Mutong. It was a traditional Chinese song adapted in piano: "The Cowherd's Flute," which described the cowherd playing the flute on the back of a cow. Then Xiwei told us the story about the origin of our celebration of the New Year: Long ago in the mountains, there lived

a horrible demon creature named Nian. Every year, on the first day of the year, the creature would awaken and descend upon the village. He would eat all the grain and livestock. And if there were any unfortunately children stuck outside, they would disappear.

The villagers lived in fear of this beast and boarded up their houses on this night to protect their families. One year, right before this event was to occur, an old man visited the village. He turned to the villagers and asked, "Why do you fear this creature so? You are many and he is but one. Surely he could not swallow all of you."



The group poses for a photo. Back left to right: Mutong Li and Kerst de Jong; Middle left to right: Xidong Li, Xiwei Fu, Seeya Zheng,

Nico Christiansen, Min Wang; Front left to right: Kim Jin, Aijia Men, and Lynn Liao. Photo by Helen Wolff.



*Oliver Dawdy scoops some food onto his plate.  
Photo by Kerst de Jong.*

But the villagers remained skeptical and locked themselves up anyway. That night, Nian did not come. The old man had ridden him until dawn and the creature went back to its cave hungry. This went on for several nights until the old man revealed, “I cannot protect you forever.”

He turned out to be a god and had to return to his duties elsewhere. The villagers were terrified that once the old man left, they would once again see Nian return.

So the old man informed them, “The beast is easily scared. He does not like the color red. He fears loud noises and strange creatures. So tonight, spread red across the village. Hang red signs on every door. Make loud noises with

drums, music, and fireworks. And to protect your children, give them face masks and lanterns.”

The villagers did as the old man instructed and Nian never returned again.

In Chinese, the word for New Years is Guo Nian. Literally translated it means to “pass over Nian” or “overcome Nian.” That is exactly what the villagers did.

It has become a tradition that part of the New Years celebration is to hang lots of red decoration in your house. Streets are filled with music, loud drums, and fireworks all day long. And special paper lanterns are made in a variety of shapes and sizes, paraded through the streets to scare off any demons that might come.

Thus ends the story of Chinese New Years or Guo Nian.

The party at Aspen House ended with a tea party, where people could talk freely about different customs and various dialects from our hometown back in China.

Celebrating the Spring Festival in China allows family members to gather and relax after a long year’s worth of hard working, and exchange information about life in general. From small children to seniors in the family, everyone is delighted and cheered up for the coming of a new year. Although life is not always satisfying, it is better to hold a positive attitude towards changes and surprises. Copake brought the eight of us here together as a big family to share the joy and burdens, and we added more members to our group: Nico and Kerst.

**We are looking forward to seeing an even larger and happier community in the coming years. We wish you all the best in the Chinese New Year!**

# Village Happenings

## New Year's Celebration in the Village

We rang in the New Year in style and on stage this year, during our annual New Year's Eve talent show.

Thank you for the photos, Alicia Son!



*Amanda Balducci shows off her large hat during a skit.*



*Asha Elhassan sings on the Fountain Hall stage.*



*Paul Marcuse croons for the crowd.*



*Vera Blanchfield sits in disguise waiting for the show to start.*



*Danny Miller and Karen Jane Hayden pose together in the Hall.*

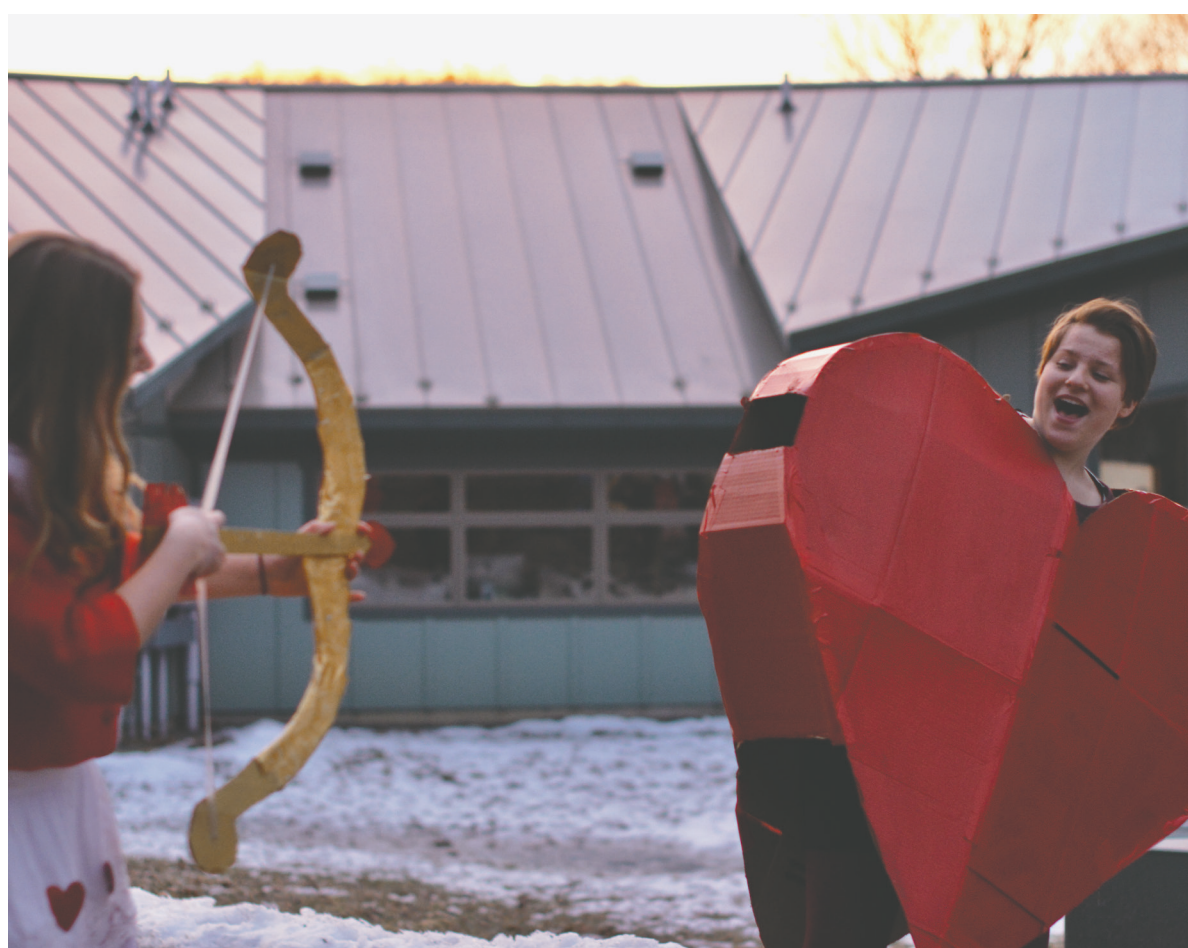


*Lindsay Johnston poses with a fan before the parade.*

## Carnival & Valentine's Day Celebration

We want to thank our wonderful residential volunteers for throwing us an awesome party to celebrate Carnival and Valentine's Day all at once. We paraded through the Village in great costumes and caught candy in the air, and we expressed our love through the art of karaoke! The hall was decked out in reds and soft pinks, and we finished the evening with a dance party.

**Thank you to everyone who made it happen!**



*Sophia Farr shoots Finja Pries with a love arrow.*



*Rukin Shivdasani and Roy Tau wait for the parade to start.*



*Susan Freedman marches in the Carnival parade.*

# Village Happenings

## Camphill Movement



*Marian Scharr raises her hand with a question during a political candidate meet & greet in the Weavery.*

## A message from the Camphill Village Advocacy Committee

Those of you who had the opportunity to read our most recent Village View will have noticed that The Village is attempting to be proactive in our advocacy efforts, both locally and nationally. It is crucial for us to stay abreast of legislation and trends that may have an impact on our organization going forward. These developments may be viewed with an eye of both interest and, at times, concern. What are the current trends in disability services? How might we be perceived in relation to those trends? Lastly, how will we manage to mitigate any risks posed to our organization at hand of upcoming legislation?

The Camphill Village Board of Directors deems it necessary to give these concerns proper attention and has decided to form a committee to that effect. At our most recent board meeting on January 27, we confirmed the membership for our newly appointed Advocacy Committee.

These members will be Gabriella Sperry, Rosi Levai, Rose Aring, Bruce Kraus, Susan Williams, Karen Cinorre, Nancy O'Leary, Andrew Simmons, and me. Our first meeting is in March when we will determine our scope, such as the mandate, and have a look at how we would like to work together.

Camphill Village is blessed to have lots of supporters, many who are already part of our advocacy efforts. If you are not but would like to be, please contact us at [advocacy@camphillvillage.org](mailto:advocacy@camphillvillage.org).

We would love to work with you going forward! Those who are already advocates, stay posted. The Advocacy Committee will be in touch with you soon about upcoming developments that may need your engagement.

Thank you in advance for your ongoing support of Camphill Village,

Kristina Labaty



## The Gerber Baby Has Down Syndrome. What Happens Next?

Many of you know that Gerber has chosen Lucas Warren, an infant with Down syndrome, to represent the brand through 2018. In response, Globe and Mail health reporter and columnist André Picard wrote a piece entitled, “People with disabilities deserve more than just a cute Gerber baby.”

Picard’s story focused on the same questions many of us have: “When the Gerber baby grows up, will he be able to live up to his potential, to live the life he wants to live?”

In response, Shelley Burt, the executive director of the Camphill Foundation in Chestnut Ridge, N.Y., wrote a thoughtful letter to the editor, which the Globe and Mail published. Shelley agrees with Picard, and states that, “all of us must work together to turn awareness and acceptance into inclusive action,” to make sure kids like Lucas have a bright future ahead of them when life becomes more complex.

You can find the link to Shelley’s piece on our Facebook page at [Facebook.com/CamphillVillageUSA](https://www.facebook.com/CamphillVillageUSA).

## Camphill Resident’s Trust

The Camphill Resident’s Trust wants to remind you that it’s never too early—or too late—to start planning for your family’s financial future.

To learn more about their pooled special needs trust:

visit [camphilltrust.org](https://www.camphilltrust.org),  
call (610) 291-5079,  
or email [info@camphilltrust.org](mailto:info@camphilltrust.org).

\*The Camphill Resident’s Trust is not affiliated with Camphill Village USA in Copake. Camphill Village always recommends that you consult with your attorney or financial advisor before making tax and estate planning decisions.

## Achievements



*Beth displays the table runner she recently completed.*

## Beth in the Weavery

Because the Stained Glass Shop is temporarily housing our Coffee Shop & Gift Shop, Beth Wagner had the opportunity to revisit the Weavery. Seeya, who runs the weaving studio, says that Beth needed to brush up a bit on her loom skills after spending so much time in the glass shop.

While weaving is therapeutic, it’s not exactly like riding a bicycle. The motions and concentration are very specific, and take a great deal of practice to perfect. With effort, Beth recently finished a beautiful long table runner.

**Lovely work, Beth!**

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# Here for a Year

## Dominic Garafolo



*Dominic stands outside Turtle Tree Seed in February.*

Dominic Garafolo joined us here in Copake in September 2016. Since arriving at Camphill, Dominic has made some very close friends, and has learned new skills in the household and at Turtle Tree Seed, where he works in the mornings and afternoons.

His mother, Dawn, had the following to say about how his life has changed since arriving at Camphill.

“Dominic had first been exposed to Camphill Village Copake in 2010 when we went for an initial visit. At that time, our family was not ready to separate, and Dominic was not ready to become “independent.” When we left, he said to me, “Why are you trying to get rid of me?” I liked the Camphill ideals and philosophy, though. We lived within 5 miles of Kimberton in P.A., and Dominic ended up working at Kimberton Hills in

their day program prior to our moving to New York. We moved to Moravia, N.Y. in late 2011, and it was apparent that Dominic was very unhappy there. We knew no one in the community, so we enrolled him in a number of programs through OPWDD (NYS Office for People with Developmental Disabilities), including a job program, which was 25 miles away. We provided transportation each day for four years, and we really didn’t see any emotional growth or progress with any of the programs; in fact, some of the programs were not appropriate for him, but he liked being away from home, and they were the only programs available, so we continued.

He became eligible for a semi-independent living situation, and moved into an apartment with a roommate in 2016. Despite the assurances that there was staff support, it appeared to be

minimal, and Dominic soon became more withdrawn, wandered aimlessly around the streets many days, and gained a considerable amount of weight. It was obvious that this situation was not working, but again, Dominic liked the independence and did not want to move back home with us. At one point, he was hit by a car while crossing the street.

The resulting investigation caused a lot of stress for Dominic because he just wanted to be left alone and not talk about it. It was such a blessing when Webster (Beal) called to ask if we would reconsider Camphill. We immediately responded to the request, and Dominic had his trial visit at Hickory in February, 2016. He didn’t want to leave Hickory. The next few months were brutal waiting to see if he would be accepted at Camphill. We were going to pull him out of this apartment regardless





*Dominic plays softball in the Village during Brothers & Sisters Day.*



*Dominic and Katrina Hoven draw in the Healing Plant Garden during Holy Week. Photo by Ariel Turner.*

of the Camphill outcome, but were rejoicing when we got the word that he could come in September.

During our waiting time, more incidents made it clear that Dominic's independent living situation was not safe or sustainable. Looking back, I really think that Dominic had to take the journey that he did to really appreciate the value of Camphill now.

Our observations are that he is happy and well adjusted; he is much more outgoing, social and is overcoming his shyness. We're so happy he has a girlfriend (which he hasn't had since high school over 10 years ago), and is obviously in much better physical condition. I have also never in my entire life had a two-sided phone conversation with Dominic until he lived at Camphill. He now

communicates quite well when he wants to! My wish for him is that he will someday embrace the Camphill philosophies, and recognize his contribution to the community, his place there, as well as others' contributions, and continue to mature and emotionally grow, which we believe he is capable of."

– Dawn O'Hara.

In terms of leisure activities, Dominic says he enjoys going to Movement with Abby in the Village, as well as playing the lyre in Village Ensemble, which started back up in early February. He also likes visiting a few other houses in the Village for lunch throughout the week.

"And I watch movies sometimes during rest hour and evenings. I can't wait

until May," he said, adding, "Han Solo' is coming out." Dominic added that he wishes he could still go swimming, and he's hoping Swim Club on Thursdays will start back up again soon.

He says he is pleased with his life here in the Village, particularly his work life at Turtle Tree and his home life in Russet House.

"I like Torry and Zach and everybody," Dominic said, referring to his house leaders and the others who share the home. Dominic also lives with Kestrel, Torry and Zach's young son, as well as the couple's second son, Amias, who was just born in February. "I really like living with little kids," he said.

**We are so glad Dominic is enjoying his time here in the Village.**

# Places We Go

## Our Winter Caribbean Cruise



*Wanda Root makes friends with a Kinkajou on Ruatan Island, Honduras. Photo by Magdalena Szewczykowska.*



*Roslyn Shaderowski at the Southernmost Point in Key West. Photo by Magdalena Szewczykowska.*

Eileen Tau, Linda Gradman, Roslyn Schaderowsky, Wanda Root, Rochelle Sternthal and Magdalena Szewczykowska went sailing to a few exotic places along the Caribbean Coast in the middle of the New York winter. Most of us have never boarded a huge, nine-deck ship so that was a view to see! It was indeed a floating 5-star hotel with a few fashionable restaurants, two swimming pools, theater, casino, library, cafes with live music, stores with luxury items, and full service in elegant rooms. We were fortunate to have rooms with balconies, so we could watch the sunsets and sunrises and the waves breaking under the ship.

“We went to Guatemala, Mexico, and the Florida Keys. We saw butterflies, some people went to the aquarium, and some

saw dolphins,” Roslyn said. “Have you ever been on one of those cruises? You should if you haven’t.”

Our first stop was in Key West, at the very south end of Florida. Some of us took a trolley around the town and we visited the house of the famous American writer, Ernest Hemingway. He would probably feel like home in Camphill Village: he was a cat lover! We all ended up in the Butterfly Conservatory and we found ourselves in a butterfly paradise. We spent a long time in the butterfly gift shop, and some of us had a key lime pie for a tea break.

The second day we spent on the sea. It gave us the opportunity to wander around the ship and relax. And for the

evening we had to put on our best clothes, as it was a gala dinner.

“I loved the gala meals, fancy clothes, good food and special shows,” said Roslyn. “I liked the ventriloquist and his dummy. It was very wonderful going to the markets and buying things! It was an adventure, and we were the crazy Caribbean cruisers!”

On the third day we reached the Honduras island called Roatan, famous for its coral reef. Eileen and Linda went on an adventure with the dolphins while the rest of us took a bus to visit the island. There were more butterflies, monkeys, local dancers, and the botanical garden with the cocoa tree, cinnamon tree, allspice tree, and all kinds of mango trees.

\*Camphill Village would like to thank the Berman family, who made this trip, and so many of our wonderful vacation experiences, possible.



*The whole group on the way back to the ship after a day in Costa Maya, Mexico. Photo by Magdalena Szewczykowska.*



*Linda Gradman, Eileen Tau, and Rochelle Sternthal in Costa Maya. Photo by Magdalena Szewczykowska.*

“I liked the butterflies, and the motorboat speeding through the water. I laughed and laughed every time it bumped,” Rochelle said. “I liked the late shows and other entertainment. And walking the deck with Magdalena.”

The next day we woke up in yet another country, Guatemala, in Santo Tomas de Castilla. Just outside the ship there was a building with local products, handmade and in beautiful colors. A fast boat took us along the Rio Dulce, the Sweet River, to the local community and its school in the middle of the jungle. The name of the river came from sugar that was transported on boats. We couldn't taste it though. The boat was too fast...

Our last stop was in Costa Maya in Mexico. While previous days were warm

but a bit cloudy, the Mexican coast greeted us with the sunshine and clean turquoise water. And that was perfect because we planned to have a beach break! After walking around in Costa Maya we were taken to the private beach and we could just relax under the palms. We came back to our ship as the last passengers, shortly before it was leaving. Thankfully they all waited for us. It was another gala night so we got ourselves ready to jump into our best clothes. After dinner we went to watch the dancers and the singers.

Our last day on the ship, we were sailing back to Florida. It was the last chance to relax and enjoy the activities onboard. We watched movies, took a walk along the promenade that goes all around the ship, had nice tea break and sat in the

hot tub on the top deck. In the evening there was a final show with a ventriloquist and saxophonist. On Sunday morning we woke up to the beautiful sunrise in Tampa. We didn't know yet that our journey back would take two more days as our flight back to Albany was canceled due to inclement weather.

But the whole cruise will be well remembered by all of us. We got a chance to get to know each other in different surroundings on our vacation, during which we enjoyed together so many new experiences and beautiful exotic landscapes. We hope to do it again.

- Eileen, Linda, Roslyn, Wanda, Rochelle, and Magdalena

# Places We Go

## Super Bowl Party

On Super Bowl Sunday, a group of us descended upon the Clocktower Pub & Grill to celebrate America's favorite winter pastime. Ricky Hauptman recapped the evening:

Well, it was a great Super Bowl 52. There were 50 or 60 people and we all had a buffet dinner to eat, soda to drink, and cake for dessert. The Super Bowl lasted 3 hours and 20 minutes. And best of all Richard is gonna buy me a dinner some time soon cause I won a bet that the Philadelphia Eagles beat the New England Patriots 41 to 32. My goodness that was exciting.

*Ricky Hauptman*



*Left to right: Immaculate Motsi, Linda Jesperson, Tony Bacon, Stevie Gibson,*

*Rose Aring, and Marian Scharr sitting together at the Super Bowl Party. Photo by Tavius Sims.*



*Ricky Hauptman and Tammy Berman enjoy ice cream at the Super Bowl party. Photo by Tavius Sims.*



*Patricia Cinorre and Elijah Kent pose for a photo at the restaurant. Photo by Tavius Sims.*

# Introductions



## Finot Selassie



Finot joined us in January, and we are so happy to have her here. She was born in Ethiopia, and lived in Brooklyn, N.Y. before coming to Copake. She says she enjoys working in the Turtle Tree Seed shop in the afternoons, but she's looking forward to nicer weather, when there will be more outdoor work, and when she can finally ride her bicycle.

**Welcome, Finot!**

*Finot at Turtle Tree Seed.*

## Welcome, New Coworkers!

Rachel Brylawski  
Noa-Charlotte Fischer  
Anne Geschwandtner  
Noam Hitsch  
Glenn Klassen  
Theo Marchand  
Anjali Sharma  
Kim Silson  
Rubby Singh  
Nadja Wittich



*Anjali Sharma and Linda Jespersen  
in the Village Coffee Shop.*

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# Expressions

## Winter Poem

by Elisabeth Cooper

Winter is the season when the whole world seems to go to sleep.

The winter weather gets cold, the ground is hard, and the trees and plants seem to die.

Since there is little else to do, it is time that is conducive to working hard.

There isn't much else to do and the weather seems to suggest that we must buckle down and do the things that we have been avoiding.

That is not a bad thing. It can be very satisfying to work hard and be creative. Creativity is part of our make-up.

Without purpose in our lives, winter doldrums would quickly set in!



*Elisabeth Cooper with her painting.*



*A winter scene by Elisabeth Cooper  
acrylic on canvas.*



## Recipe

### A Modern Use for a Prehistoric Plant

Referred to often as a “living fossil,” the herb horsetail, or equisetum, is the only living member of the genus Equisetaceae. With many uses dating back to Ancient Rome, horsetail is used here in Copake by the gardeners of Turtle Tree Seed in early spring.

“We add the equisetum tea to keep fungus off the soil when we’re starting seeds indoors,” says Lia Babitch, the garden manager at Turtle Tree Seed. “It works well for us.”

No doubt, seed starters everywhere are all-too familiar with the layer of green fuzz that can surround, and often deteriorate seedlings in their cells.

#### Instructions:

To use, add 1/2 gallon of fermented tea to 4 1/2 gallons water, stir vigorously for 20 minutes, and use to treat up to 1 1/2 acres (Or one part fermented tea to nine parts water to scale up or down). Use this at least once every week as a soil drench for potatoes and tomatoes.

\*Recipes adapted from the Josephine Porter Institute for Applied Biodynamics

The biodynamic growing method of adding the tea eases the delicate balance between keeping seedling soil moist while mitigating fungal disease. The horsetail tea can be used for both soil and foliar applications, and the Turtle Tree crew continues to use the tea for its antifungal properties throughout the growing season. Lia used to grow vegetables in Oaklands Park Camphill England, where gardeners frequently contend with blight when growing potatoes. Here in Copake, the Turtle Tree crew uses the tea as a drench to stave off the fungus in tomato crops.

#### Ingredients:

##### **Fresh Tea (ideal for foliar use)**

1. Bring one ounce of dried horsetail herb to a boil in one quart of water. Allow to cool.
2. Strain the mixture. Add one part tea to nine parts water. Stir vigorously, making a swirling vortex in first one direction, then the other, switching back and forth until you have stirred for 20 minutes.
3. Use a fine mist sprayer (a spray bottle works fine) to gently mist the soil after slightly mixing the very top layer to allow more air into the pots. For very small seedlings, this can replace watering.

##### **Fermented Tea (ideal for soil application)**

1. Bring 1/2 lb. of dried horsetail herb to a boil in one gallon of water and simmer for one hour. Let cool and transfer to a crock or other storage container with a loose fitting lid.
2. Store this in a cool place, e.g. basement, and allow to ferment 10 to 14 days, until the fermented tea has a strong sulphuric aroma.
3. Strain the remaining herb particles out, pour the tea in a glass jug, and store it in a cool dark place until ready to use. It can be stored 6 or more months without losing effectiveness.



A botanical print of the horsetail plant (public domain).

# Snapshots



*Bill Wait completes a trio during our Yule Fair in December.*



*Dan Hayden and Karsten Rau work together in the Woodshop.*



*SaraMae Kline and Mishka Zuckerman sort seeds together at Turtle Tree Seed.*



*Tony Bacon and Ernesto Martinez add leaves they've collected to a compost pile.*



*Noma Motsi and Oliver Dawdy prepare lunch at Brookledge House.*



*Bakers Robert Zaken and Danny Miller prepare packages of cookies for the Village Yule Fair.*



# Upcoming Events



*Jos Smeele has fierce competition from a rooster during the 5K in 2017.*



*Left to right: Nico Dobbs, Billy Spillman, and Oliver Dawdy celebrate with their medals after completing the Fun Run.*

## Third Annual 5K Trail & Fun Run \* For All Abilities

The Camphill Village 5K Trail & Fun Run returns on Saturday, May 12th here in the Village.

Come support Camphill Village and bring your family!

Learn more at [CamphillVillage5K.org](http://CamphillVillage5K.org).

Three running options:

**5K Trail Run:** A scenic 5K through our woods and pathways, and past our farmland and gardens.

**Fun Run:** A leisurely walk, jog, or stroll around Ring Road at our Village. Walk past our homes, gardens, and enjoy the scenery.

**Run from Home:** Live in the city? Run a few blocks until you hit 5K. Live in the country? Take a scenic jog. Only have access to a treadmill? We want to see it!

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# Upcoming Events



*The Alexander String Quartet.  
Photo by Rory Earnshaw.*

## Anne Ratner Concert Series

Join us for the final performance  
of the 2017-2018 Season!

**April 24, 2018**

Alexander String Quartet  
[AnneRatnerConcertSeries.org](http://AnneRatnerConcertSeries.org)

Visit [AnneRatnerConcertSeries.org](http://AnneRatnerConcertSeries.org)  
for more information on this decades-  
old tradition of supporting Camphill Village.

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# Don't Forget to Donate by March 31st!



## Please Give

The new tax laws may affect many people's ability to make charitable contributions, but we hope that our families, friends and neighbors will still make gifts that provide the critical programs and services for the adults with developmental differences that make Camphill Village Copake their home.

Our fiscal year 2017-2018 comes to a close on March 31st and we're counting on you to make your contribution today by going to **CamphillVillage.org** and clicking on the donate button. Or you can send a check in the envelope that is included here.

## Another Way to Contribute

We have also been working hard to create awareness for Camphill Village with New York State legislators. Please join our advocacy mailing list at **advocacy@camphillvillage.org** to get involved in our efforts to keep funding available for Camphill Village. Rural communities must remain an option for people with developmental disabilities!



*Tom Miano poses behind Sunny Valley Barn after a fresh snowfall.*

# Camphill Village Copake

Camphill Village USA, Inc.  
84 Camphill Road  
Copake, NY 12516

Cover photo:  
Marian Scharr and Dan Hayden work  
together in the Woodshop.

designwajskol NYC



This newsletter is made from  
100% recycling content.  
Please recycle.

*The Village Sugar House,  
where maple syrup is made.*



Click here to  
Donate