August, 2019

Monthly Update: Fall brings Michaelmas

What is Michaelmas?

Michaelmas is the time between late August and November. September 29th, just a few days following the Fall equinox, is known as the day of the Archangel St. Michael. Though it is one of the lesser-known Christian festivals, in Camphill we celebrate it with great significance, as one of the four major festivals through the cycle of the year in addition to Christmas in the winter, Easter in the spring and St. John’s Day in the summer. As the days are getting shorter and cooler, the forces of nature contract from summer blossom to fruit formation and seed development. Nature around us is preparing for winter and so do we. Human beings can take this time to pause and reflect and look for ways to restore balance into our lives. Traditionally, St. Michael is portrayed as the valiant, knight-like Archangel who had the courage to overcome the
dragon, not by killing it, but by keeping the scary dragon at bay with the tip of his shining sword. Michaelmas is an opportunity for us to shine light on the fears and dragons living within us, to gather courage and prepare to face them, with the hope that this process brings insights and transformation.
~by Szilvia Budai

As part of this festival the houses make Dragon Bread that we can all slay with our butter knives!
These dragons were created by the Marimi Baking Crew

My name is Sabrina Langstraat and I have been a coworker at Camphill Communities California since 2013. I graduated from the Camphill Academy in 2018 and the credits I earned with this program transferred to Prescott College, in Arizona. This made it possible for me to start my journey of achieving a Bachelor Degree in Human Development and Psychology through their online undergraduate program. I am in my last semester and am currently working on my senior project: “Planning an Environmentally-Friendly Camphill”. Practically this means that I am doing research on alternative energy sources for Camphill like solar energy and grey water systems. I am focusing on finding easy ways to recycle appropriately, as well as being innovative with our recyclables while working on waste reduction. We are making an effort to rejuvenate our composts and to use all our produce efficiently. During our Thursday art programs our community focuses on specific topics like waste reduction, how to use our food, and has discussions about wasteful behavior. We also created signs explaining what to put in the compost and what to give to our chickens. We are looking forward to a presentation given by staff from Department of Public Works in Santa Cruz who will come to our community and give us tips on how to recycle appropriately. Camphill California is inspired to make a difference!

Photo of Sasha V proudly showing his art project; a decorated bin for chicken scraps

It is with a heavy heart that we share the news of our dear Lee George’s passing. He was deeply loved by all at Camphill and our grief is profound. As a community we have consoled ourselves with favorite stories, sayings and photos of Lee. We send our deepest condolences to his family and loved ones.
Lee transitioned from this world suddenly, very early on Saturday morning, August 17. Although he had been under Hospice Care for 11 months, his passing took my breath away. For nearly 20 years, Lee lived in peace, surrounded by great love at Camphill Communities California, a magical place that recognizes the value and dignity of all people, including those with developmental challenges. Before he "retired", he worked in Camphill's biodynamic gardens, greatly enjoyed listening to music and singing, and loved taking the trash out. He had a passion for green ice cream, french fries, and his all-time favorite..."big red coke!"

Our parents---Julie and Alex George---were his greatest advocates, and served on a task force in the 1990's that helped to bring a Camphill Community to California. Although they have both passed, they would be thrilled to know that Lee lived the remainder of his days at this indescribable place. Camphill moved heaven and earth to keep a place for Lee as his health became more fragile, and his needs grew exponentially.

In lieu of flowers, if desired, a donation of any size to Camphill Communities California in Lee's name, would be greatly valued.
Camphill California, c/o Anya Hobley, PO Box 221, Soquel, CA 95073
(Paste below into browser, only if desired)

~by Mary Douglass

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**Camphill Recipe Corner ~ Enjoy!**  
**Pesto, by Joelle Anderson**

For every 2 cups of basil (or parsley, cilantro, kale arugula, stinging nettle, fava bean leaves, carrot tops, green chard, etc) Add:
- 1/3 cup olive oil
- ½ cup of walnuts or any nut
- ½ or 1/3 cup fresh meyer lemon juice
- 2 or 3 garlic cloves
- ½ teaspoon salt
- ½ cup parmesan cheese or nutritional yeast (optional)

Blend until smooth in blender or food processor. Add more oil if needed
If you haven't had a chance to read our Annual Newsletter, we warmly invite you to do so here:

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**Up Coming Events:**

**Farm to Table, September 28th**

SOLD OUT!!!

**Holiday Fair and Sale, December 20th**

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You can also donate to our community by shopping with AmazonSmile. Simply click [here](https://www.amazon.com/gp/help/customer/display.html?nodeId=201708610), sign in with your regular Amazon username and password, search for and select Camphill Communities California, and shop away! 0.5% of your eligible AmazonSmile purchases will be given to Camphill Communities California.

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**Donate Today!**

Your gifts are important to us and allow us to meet our annual and long-term financial goals. Donations of any size are deeply appreciated.

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