

Pause now to sit in silence in the darkness of this space. Let this space be a safe enclosure of creative gestation for you.

"A Celebration of Winter Solstice" from The Circle of Light by Joyce Rupp and Marcia Wiederkehr

# GLENORA GAZETTE

WINTER 2019-20

## LIGHT IN THE DARKNESS - OUR PATH THROUGH ADVENT

by Lucinde Metcalfe

**F**or many people, this is the most challenging time of the year, with short, dark, rainy days ... it can be hard to dredge up patience or enthusiasm and energy levels are low. We need to reach deep inside ourselves to find the light that was so readily available to us through the summer and early autumn months. The garden has been mostly put to bed, there are sheets covering the raised beds in the greenhouse, the animals are once again gathered in and around the barn. Nature is resting, and we feel that call to draw into ourselves as well ... but of course there is so much to prepare for as we get closer to the Winter Solstice and the celebration of Christmas and the twelve Holy Nights.

One of the things that most people associate with this time of the year are the childhood memories of celebrations, favourite stories, songs, special foods. Christmas calls us to find that childhood wonder and simplicity in the midst of all the bustle and preparation, and we are blessed when there are children present to help lead us towards that light, like a candle in the winter darkness. We make our Advent wreaths of greenery, we light the candles, one for each week, and see the light grow. Some begin the Advent season by walking an Advent Spiral, a path laid out with branches and moss that is gradually lit by the light of the candles as each person lights theirs from a central candle and then places it somewhere within the spiral.

Also placed in the greenery are crystals, pine cones, wooden and felted figures, and the light of the candles brings these to life. The Advent Spiral is a good image of our path towards Midwinter, a dark path to the light in the centre, and the sharing of that light to create a path lit for everyone that will guide us into the New Year.

Here at the farm, colourful folded paper stars appear in the windows, the path between the houses is lit by strings of coloured lights that look magical in the early darkness, the kitchens and the candle workshop are cozy and warm and smell of delicious spices and fragrant beeswax.

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SCENES FROM THE FARM



## THINGS WE LOVE

Lisa, Alicia (and sometimes other community members) are part of the Duncan Choral Society community choir!

“This is what we love about choir: we love making new friends, singing and going to community events. And experimenting with different vocal ranges and hearing catchy songs that we get to sing.”



## FESTIVALS AND EVENTS

- |             |                                   |   |
|-------------|-----------------------------------|---|
| January 6   | Epiphany - End of the Holy Nights |   |
| February 2  | Candlemas                         |   |
| February 16 | Carnival                          | April 25 A Glenora Farm Open House for Family and Friends |
| April 16    | Easter                            |   |

## WHERE ARE THEY NOW?

with Lisa Whitehead



Hannah Munro  
lived in Corwyn House  
Jan. 2017 - July 2018

I am now back at university doing my Masters in Education to become an Additional teacher in Edinburgh, Scotland. I love going hiking with my dogs! I am learning to weave on a small hand loom—cannot believe I never learnt this in Glenora!

What do you miss about Glenora Farm?

Everything! Working with the team on the estate, walks around the farm with Adam, and coffee dates with Kristi, and I miss everyone else of course.

Do you have any fun news? Earlier this year my family got a new puppy! Her name is Bee, she is so cute but still a little naughty!

## FALL AND EARLY WINTER ON THE ESTATE CREW

by Martha Muller

Fall has come and gone, and it is almost Christmas! The trees stand magnificent in their bare form, very naked with out leafs, but beautiful in a different way. Nature has gone to sleep now, but we had torrential rains, snow, frost and sparkling clear sunshine all within the last two months. No matter the weather our outside crew has been busy cleaning up around the houses and the farm.

The flowerbeds are put to rest with new compost and leaves as a winter cover. The pathways between the houses are cleaned up, widened and newly covered with wood chips. New compost piles are being built for next year's use. The cow, sheep and horse-manure

is being moved with wheelbarrows from the barn to wherever we need a compost pile. Yes, we all get a good workout everyday!

We enjoy working together: Adam Fairbanks, our master compost-turner; Kelly has been a wonderful help when we do recycling, she knows exactly how to sort the bottles and is very efficient about it; and Matthew, helping out wherever he is needed. We have recently welcome Kelly and Jenny over to our crew from the garden, as things shift for the dormant winter months.

It is now December, time to collect greenery for the houses to make advent wreaths! We will decorate and beautify inside and outside to welcome the Christmas season. We are looking forward to a well-earned peaceful holiday time. After the New Year, we will create a landscaping drawing for Trillium, it will be a new, exciting task!

The estate and farm team wishes our readers and supporters a happy, peaceful Christmas season and a successful New Year!



## MORE FROM THE FARM



## BIRTHDAYS



Andrew M. - Jan. 7



Layla A. - Feb. 6



Kristine M. - Jan 13

- Zoja L - Jan. 6
- David A. - Jan. 7
- Sofia L. - Jan. 10
- Ann L. - Jan. 13
- Andrew R. - Jan. 20
- Veronika H. - Jan. 29
- Katrin B. - Feb. 9
- Lucinde M. - Feb. 18
- Lisa W. - Feb. 19
- Brigitte H. - Mar. 3
- Geraldine M. - Mar. 7
- Adam I. - Mar. 12
- Allura D - Mar. 24
- Kaska W. - Mar. 26
- Nina M. - Mar. 27

## LIGHT IN THE DARKNESS

*(continued from page 1)*

We breathe all these in with gratitude and are warmed and comforted at the end of a long, cold, wet day. We gather to sing Advent songs and practice our Paradise Play, or to hear Advent stories in our Sunday gathering. On Christmas Eve, everyone will gather to see the Christmas tableau and sing while the candles on the tree are lit, and each house will take a light from the tree in a lantern from which their own Christmas tree will be lit. Later on Christmas Eve, we gather in the barn to sing to the animals, sometimes joined by neighbours. In all of these we can find precious moments that feed the inner child and the weary soul, and help us to overcome the winter darkness.



## PROGRESS UPDATES

from Tara Batho



As the days grow shorter we find ourselves tuning in to the spirit of reflection, what happens in the passage of a year; engagement, growth, challenges, and opportunities that were sewn as seeds have come to bear fruit and flower. As the morning mist rests on our quiet fields, space is held for contemplation and reflection. It is in these moments that we take stock as we prepare our plans and projects for the coming year.

*Read Tara's entire 2019 report on page 6!*



## FROM THE GARDEN and FARM

with Kate Sowiak

The farm gets tucked in for the winter. We put our last effort into grazing the sheep on the late October grass. In November, the grass put its energy back into the roots and the ground, so we brought our cows and sheep into the barn to feast on hay.

We also separated the lambs from their mothers. They had grown to be equal size to their mothers, but hadn't stopped drinking milk, so the sheep were thankful for the break.



The first week in December we separated the calves from the cows. We are working towards taming and halter-training the calves, so they won't be so much trouble to chase next year (as fun as it was!). With all the animals in four separate paddocks in the barn, the farm crew has a lot of mucking out to do. It's great news, as this is a well-loved chore on the farm...and I think we are all grateful to have completed rock-picking the hayfield!

These past months we set up and took down a lot of electric fence, ran the sheep here and there, and worked hard to remove broom and thistles from the fields. Winter is here and we have a little more time to breathe. Still, there is lots of interesting work to do: feeding the animals 3 times a day, tidying the barn and making improvements, sanding the paths when there is ice, and continuing to make great compost heaps from all the manure.

### FARM TO TABLE Kelly's Onion Pie

Mix together:

¾ cup flour

½ tsp dry mustard

1 cup grated sharp cheddar

Slowly add ½ to 1 cup melted butter until a workable dough results, press into deep 9" pie plate

Filling:

Fry 2 cups thinly sliced onion in 2 tbsp butter in a pan (add other vegetables if desired)

Add 1 cup cooked thin egg noodles

Place vegetables and egg noodles in pie shell

Beat:

3 eggs, 1 cup hot milk, 1 cup grated cheddar & pour over onions and noodles

Bake at 350 F - 40 min



## CAMPBILL AROUND THE WORLD - INDIA

"Our community participated again in this years anthroposophical festival. After an adventurous train ride to hyderabad we enjoyed 4 days full of active learning, mindful listening and a lot of dancing and singing. This years theme "awake to the wonder of daily life" fitted perfectly to our aim of living a conscious und sustainable life. Our friends and co-workers added many thoughts to the festival and we took home many more. It was a pleasure to meet so many old and new friends!"



## Glenora Farm December 2019 Progress Update

Submitted by: Tara Batho

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Over this past year Glenora Farm has sharpened our focus on development. Last year at this time, we were on the cusp of a number of capital and capacity building projects. We worked to identify need, action areas, and how to forge broader community connections. Efforts continue as we grow into a healthy development plan for Glenora Farm. The foundation is strong and we are excited to see what the coming year brings.

Glenora Farm partnered with **Camphill Foundation Canada** for our very first summer appeal. The Summer Appeal looked to increase engagement opportunities for Companions working with our land-based programs; we are working to procure equipment that will make our processes more efficient and user-friendly in our vegetable and herb garden programs, as well as estate work. As the year draws to a close, we are very pleased to announce that **we are \$4,500 away from our \$10,000 goal. Thank you to Camphill Foundation Canada, Kathy Downes, and Kathrine Killam for their support and guidance through this process.**

In October we partnered with a restaurant that has deep roots in the Cowichan Valley community, the **Duncan White Spot** provided delicious food and offered a warm, friendly, professional backdrop to our Farmhouse Fundraising Dinner. The owners of the restaurant were incredibly generous with their time and skills; assisting our fundraising committee with event planning, silent and live auction item procurement, ticket sales as well as admin support at the event. The dinner was a rousing success and we are planning another for 2020. **Thank you Duncan White Spot for your ongoing support and help in raising \$15,660 towards the new farmhouse, we couldn't have done it without you!**

In November Glenora Farm was the recipient of a matching funds grant through **Our Cowichan**. The grant will be used to purchase **two commercial grade food dehydrators and a stainless steel table** for our herb workshop. The improved equipment and additional work surface will allow our herb workshop team to continue to produce high quality herbal teas, salts, balms and salves. These products are sold through the Glenora Store and Café and are appreciated throughout the valley and beyond. **Thank you Our Cowichan and congratulations to the Glenora Farm herb workshop crew!**

This Spring we were nominated as a potential recipient for **100 Women Who Care Cowichan** donations, 100 Women Who Care are local women who care about supporting charities within the Cowichan Valley. Members of the group nominate local registered charities and at quarterly meetings, three of the nominated charities are drawn from a hat. The three charities each have 5 minutes to make a presentation to the group, during these presentations the presenters speak to the need and objective of their ask. After the presentations, the Women vote and one charity is chosen to be the recipient of \$13,000. At the November meeting, Glenora Farm was drawn from the hat, presented, and **won \$13,000 for two new sets of emergency stairs** which will provide alternative exits for both Corwyn and Helios house residents. Thank you to our nominators (we went from one nominator to fourteen in nine short months!) and to **100 Women for their support and ongoing direct impact on our community.**

**As this year draws to a close, the Glenora Farm community would like to say thank you. Thank you for your support, encouragement, generosity and time. The seeds sewn in winter last year were tended, held, and cared for; this year they bore fruit and flower for our community.**

**With appreciation for all of your contributions,**

**The Glenora Farm Community**