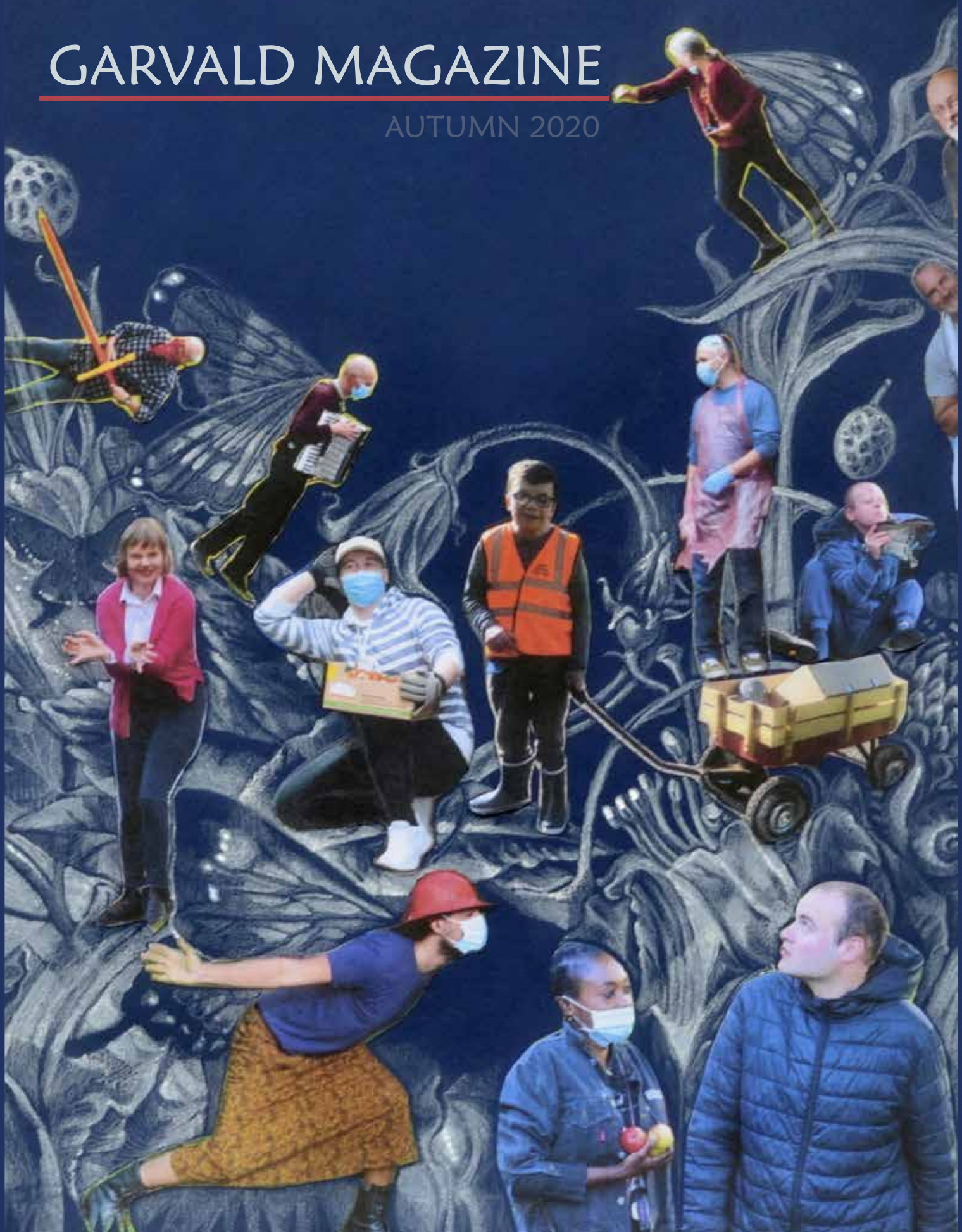


GARVALD MAGAZINE

AUTUMN 2020



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From the Editors

Welcome to the late Autumn edition of Garvald Magazine.

In the beginning of this year we found ourselves in an unprecedented and strange reality with Covid-19 and a lockdown thrust upon us. We said goodbye to the workshops and stayed in our own houses, learning to wave to each other from afar. Although in a slightly altered manner from before, it was a time where we found comfort in having each other and being together. It was easy to be grateful for the space and nature surrounding us, and good fortune was on our side as spring brought us many gloriously sunny days.

While this period may have seemed like a test at times, it was not all heavy and challenging. New creative ideas for activities and projects bloomed, as did the gardens in the houses and some new ways of structuring ourselves have shown positive change.

Now with winter there comes a time for us to readjust again. It's time to find creative activities and ways to get us through the next chapter of this new reality. The days are dark and colder and although the lockdown is over, restrictions to our freedom and possibilities are still in place. It's a challenge we're up for and for the next magazine we would love to hear from you all and share pictures of what you have been up to, whether it be new projects or simply everyday moments.

Life in Garvald is of course much more than Covid-19. In this edition you will find fascinating photos from Garvald's archives, thought provoking horoscope predictions, and a lovely autumn recipe, the two latter with beautiful illustrations from our own. Our resident journalist Jamie has a new article, and we'll meet people from some of our trusted services in West Linton. You'll also read a piece from the newest member of the Board of Directors, plus an update on new staff who have arrived at Garvald.

This magazine is for the community of Garvald. What would you like to see here? For future editions we would greatly appreciate your input and ideas!

Enjoy and keep well until next time!

Anna, Julia, Indré and Lea

LOCKDOWN MOMENTS





St. Michaelmas celebrated outside with social distancing between the houses.





Sycamore went on loads of lovely adventures! The walk to Dolphinton church was a favourite of Daniel, Jenny and Jamie no matter the weather; rain, wind, or sunshine.



Donna created a lovely café in the Estate shed.



Rowan is finding the right colour for the corridor.





Anna started a beautiful mural of a Rowan tree.



Hill Cottage has not been immune to the gardening craze that's swept through Garvald! Staff and residents have been working on a backyard garden fit for the best. When they arrived, the long awaited garden beds were put together and filled upside down. Nothing that couldn't be fixed! They've since harvested copious amounts of vegetables and herbs that have made their way onto their dinner plates.

WORKSHOPS

During lockdown the workshops were still open, with one house allocated one workshop. Instead of our traditional Christmas fair, their creations will eventually be available online. Until then you can contact Garvald for any purchase enquiries.



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BAKERY



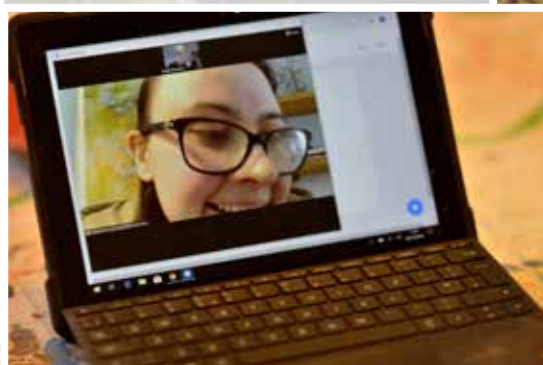
PARADISE GARDEN



ESTATE



CRAFT



Andy, craft workshop leader, is video chatting with Caitlin. Unfortunately, the day service had to close temporarily until further notice.

Warm greetings to all of you and we hope to see you soon!



The painted stones

Fiona and Gerda have been painting awesome stones and placing them on the path around Paradise. Can you find them and mark them on the map?



MAGAZINE NEWS
ON FRIDAY LUNCH WILLOW
1999 IN GARVALO BEN JAMIE
NO MILK BLACK TEA
CAFE JAMIE'S COFFEE TIME
MARY COOKING NO MONDAY
MARY COOKING LUNCH SYCAMORE
JLH PEEING JAMIE'S ROOM BED
MEN END SYCAMORE
VERY DARK ~~WINTER~~
WINTER GARVALO SYCAMORE
BLACK COFFEE VERY DARK WINTER
SCOTLAND EVENING



THANK YOU

KING JAMIE G. H. MARSHALL
PU34

I AM VERY DARK WINTER

GARVALO BEN ON SUNDAY JAMIE'S
ROOM COFFEE IN SYCAMORE HOUSE

JOBS IN GARVALD



1. Organic World Order:
Felix, Michael, Euan and Sean meet
every Monday outside Willow to
divide the vegetable and fruit order
to all the houses.

2. Organic World Order: Sean and
Euan

3+4. Garvald's postman Marc
delivering post from woodwork to
the houses twice a week.

5-7. Scott at the entrance to
Garvald, managing the cars
driving into Garvald and leaving
again. He is accompanied by
Desperate Dan.

A BLAST FROM THE PAST



1. Staff and residents gathered outside the main house for the Harvest Festival, Autumn 1979

2. Mary Winton with her group harvesting food in the walled garden in early 80s. From left to right: Janet, Valerie, Karen and Susan

3. The Oberufer Shepherd's play taking place in the main house in the 70s

4. Six little devils ready for the Michealmas play in the 60's

5. Lanterns for St. Michael's day in the 60's

6. Folk working hard in the walled garden, sometime in the late 40's or early 50's.

MATT'S LOCKDOWN

"Matt has been one of Garvald's lockdown heroes."

In the spring months Matt has been picking and delivering copious amounts of rhubarb to each house to make delicious crumbles, jams, cordials and cakes. Matt has spent a good amount of time in the walled garden helping the wonderful Alan keep the garden maintained, if the lawn had been cut, Matt was there with the wheelbarrow to pick up the aromatic grass piles and move them to the compost piles. If all else was complete in the walled garden Matt would sit on the bench and watch Alan bag countless amounts of his favourite potatoes at least to make sure that Alan has put the wheelbarrows back in the right place... and at most that all the potatoes might be for him!

Ever an eco warrior Matt would occasionally visit other workshops to collect their compost buckets and take it up to the ever growing piles. A place, in Linden house, we refer to as "the compost-cabana".

In Linden house's quirky garden, Matt helped to revive the sad looking greenhouse and restore a sense of life to it with tomatoes, peppers and some exotic greek greens which the whole house could enjoy. This involved filling wheelbarrows full of stones and soil to create a loving bed that the greenhouse could rest on and nurture the nature. With Matt and a wheelbarrow, anything is possible! Matt easily covers over 20kms a week with the amount of walks he goes on. Some to the bus stop to watch the world go by in the form of tractors and buses and others through the farm to Dunsyre, through the hills and fields where he can watch with anticipation as a cow lifts its tail and produces... well... you can imagine. Matt finds great joy in watching nature take its course. Matt would cheer loudly, cheers that would echo through the valley and fill the land with positive energy and raise a few eyebrows of passing sheep in the process.



In Matt's down time in the evening he loves nothing more than to sit with his headphones on and watch some of his favourite shows on youtube such as "Barney", "Thomas the Tank Engine" and "Who Wants to be a Millionaire?" You always know if there is a musical number going on as he will be rocking in his chair and cheering loudly with a great smile on his face. A catching smile that always spreads across the house.

Ewan McDougall - Linden House

Jana's Gardening



Lockdown in summer gave us time to be 'stuck outside', so we headed to Rowan garden to make the most of it and get creative. With our new rocking swing, the see-saw, cosy garden furniture and a brand new greenhouse that we've managed to find for free and fund further through Friends of Garvald, we were good to go. In a collective effort of staff and residents, we've managed to create new beds, hedges and borders and grow different herbs, vegetables and flowers.

The idea was to lay down a foundation which can be there for years to come and to turn the space into a blank canvas that can be planted up with whatever folk wish. Everyone in Rowan put in their bit and got involved somehow leaving their mark on the garden

which was awesome to see. It ranged from pure digging and muscle work, wheelbarrowing, bringing ideas, nurturing, observing to watering, designing, painting, raising or repotting seedlings, demobilising wasp nests, planting, creating outdoor art work, cooking with fresh produce, mulching, weeding, harvesting etc. There seems to be something for everyone to get their hands on in a garden. We were donated different plants from other Garvaldians and got some wooden mushrooms from Woodwork... So sweet! Lots of people from the community have commented positively on the garden. That's been really encouraging and joyful. As Rowan garden is central, we feel an extra push to make it something really beautiful for everyone to enjoy, as so many Garvaldians pass it by on their daily strolls. We grew most things from seed in the greenhouse, used a lot of the no-dig method, and chose a bunch of perennial plants.



It's proven to be a great way to motivate residents to do something constructive outdoors.

Fresh air, physical exercise, connecting with the senses, helping to provide organic food that goes straight from the earth into our bellies, being part of building something together or just BEING in nature are all positive aspects about creating this garden. It was lovely to see people coming to pick flowers or Alasdair wandering on the periphery, happily following the lawn mower's tracks. And definitely, as soon as restrictions end, we want the garden to be a place where everyone in Garvald can come and add their own thing or to just lay down by the wildflowers to hear the bees buzzing and tell everyone what they're talking about!

By Jana Huysentruyt / Rowan House

WARM GREETINGS

And reflections from the newest member of the Board of Directors.

I'm Vincent D'Agostino. I was very pleased to be invited onto the board of directors of Garvald West Linton last November.

I was formerly a co-worker and a house manager in Camphill School Aberdeen where my wife Anni and I lived and worked for over forty years before retiring to Penicuik in 2019 to be near our two daughters and two grandchildren. In Aberdeen we enjoyed the challenges and rich rewards from providing support and encouragement and developing positive nurturing relationships with the children and young people there. We also enjoyed co-working with our colleagues young and old who joined in the endeavour and the rich life that such work can provide. I felt privileged when offered the opportunity to use my experience from living and working in Camphill, being involved in management, development and training in Curative Education and Social Therapy, to support the excellence being achieved at Garvald West Linton and to contribute to its continuation and further development.

A highlight of getting to know Garvald West Linton, being shown around, experiencing activities, having conversations and attending board meetings, was when I was invited for a visit in Rowan. After a meet and greet with the house community where I witnessed impressive positive interactions and heard of many interests and activities within and beyond GWL, I was shown to my place at the lunch table in a setting which felt ever so homely and familiar. Then much to my surprise I was warmly greeted by name by my neighbour at the table, Danny Shamash. I had had the great joy of meeting him many decades ago when he joined our house in the Camphill School and I hadn't seen him since then. This experience and my visit in Rowan made quite tangible for me the centrality that this work has played in my life and the wonderful opportunity that being on the board of directors offers to continue contributing to the challenge of providing excellent support that combines safety and security with stimulation, individual recognition and encouragement in an ever-changing wider context.

Shortly after that visit we all entered lock-down. I have continued to be positively impressed by the resilient, creative and conscientious manner in which everyone at GWL has responded to the pandemic and to the needs of the residents. The ongoing activity in the workshops by linking each workshop to a single household and the way in which a socially distanced outdoor celebration was created for Michaelmas were encouraging signs that the need for safety and the importance of social interaction were being carefully and creatively balanced. The recognition of the challenges which staff meet in providing these services and the support which they are extending to each other is equally impressive.

Looking to the future, it is also impressive how staff are responding to this new reality, discovering and envisaging other kinds of activities and new ways of using facilities. It is refreshing to hear the modest but confident way in which those at GWL value the strengths of their organisation while recognising the importance of ongoing improvement and development. I look forward to participating in this process and am glad to be able to take this opportunity to thank all at GWL for their sterling work.



Roast Squash Soup

- Preheat the oven to 200C
- Chop up your squash, onion and some garlic and combine this in a baking tray with nigella seeds, dried cumin, coriander, turmeric, cinnamon, rosemary, salt, pepper and olive oil. Stick the tray in the oven and let everything roast till it's beautifully golden.
- transfer the contents of the tray into a pot, adding coconut milk and bouillon. Simmer for a few minutes and adjust seasoning and thickness to your own preference.
- Once you are satisfied with the flavour, blitz the soup with a hand blender and serve with a dollop of yogurt and some roasted pumpkin seeds. Enjoy!

Covid *Fashion*



When a global pandemic hits, Garvaldians will rise to the occasion. This fashion section opens with designer Valerie together with her models from House of Hill Cottage.



*House of
Hill Cottage*



House of Sycamore



House of Rowan



House of Sinden

This season's
Covid fashion has
many faces...



From delicate futuristic snow queen to trashy street like style with a face and head cover all in one. Cool James Bond keeping the virus at a safe distance. A casual farmer and a few designers choosing a comical approach. We have the classic style and a colourful, almost theatrical form of expression by some. One of the most controversial designers has found a way to be both scary and safe, taking the fashion to a new level of safety.





Craig McGregor
Deputy CEO
of Garvald

NEW STAFF



Merle and Victoria started working in Linden. Anne is working in Willow and Liv is in Rowan



Katie and Bom, both working in Sycamore

As they say, it takes a village.



Dr. Longworth
Elliot Longworth is the doctor for all Garvald residents. He is a kind soul providing excellent service with quick responses to issues and questions. It is remarkable the personal details he remembers about our residents!

WIDER COMMUNITY



Martin O'Dwyer
Martin is our pharmacist in West Linton. He has a broad knowledge and is very helpful with all sorts of health issues. He has excellent memory of names and faces for those in contact with the pharmacy.



Fire Brigade
Two years ago Linden went for a visit to the always reliable fire brigade in West Linton. Here with Estelle and Duncan.

HOROSCOPES



AQUARIUS

Talk to yourself and others with love this week. Your plants will thrive as a result.



PISCES

De-clutter your room and give back to the community. Good karma will come your way in the form of a hidden gem in the furniture room.



ARIES

For a good week at work and to manifest your dreams, say your wishes as you throw stones into the pond.



TAURUS

Unexpected experiences are coming your way, check the parcels at woodwork for new adventures.



GEMINI

Strike up a socially distanced conversation with the next person you meet at the compost, you have more in common than you think!



CANCER

Have an honest conversation with yourself, or you risk being found by the ghost of Harriet in the main house!



LEO

Try a different mode of transport today. Travel around on a scooter or go-kart to experience life differently.



VIRGO

You're at risk of being attacked by Ben and his water pistol – arm yourself and be prepared this week.



LIBRA

Watch the sun set over Hill Cottage this week with a friend and contemplate life.



SCORPIO

You've not felt true happiness until you've driven Ian's orange tractor.



SAGITTARIUS

A surprise awaits you this week in Rab's office – don't be shy.



CAPRICORN

Trouble sleeping? Break out of your routine and jump into the river to wake yourself up!

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