

GARVALD 2021

A YEAR LIKE NO OTHER



CONTENTS

Introduction

Another Lockdown

Workshops

Amanda's lockdown

Covid outbreak

Wellbeing

Easter

My first day in Garvald / Fiona

Our first visit to Garvald / Karen

The fermentation station

Exhibition

Pets of Garvald

Maypole Dance

Olympic Games

Plan your day generator

Horoscopes

Like snowdrops, hope
springs out of the frozen snow
in this never ending winter
tinged with fear and sorrow;
pure droplets of light,
with their heads hanging low,
herald the glowing dawn
in stillness of time, and grow

By Fiona Worthington

In stillness of time, we gradually walked towards lighter days in the beginning of the year. Heads may still have been hanging a bit low from the isolation of another lockdown as the winter darkness created an even heavier barrier around us and the disconnection felt even more intense. However, while the darkness seemed bleak at times, the overwhelming desire for joy only had a positive effect on the Garvald atmosphere and is a testament to everyone's endurance. Throughout this time many have focused on activities that have helped keep their minds active and their hearts pumping, whether it be through art, exercise or mindfulness. We adapted and there were some lovely new ways of celebrating Advent and performing the Christmas play.

It would be ignorant to claim that these adjustments came easily. This has been a tough time. Time can feel so frozen when compromised freedom just drags on.

Fortunately restrictions started to ease along with lighter and warmer days. We have been able to dance around the maypole in a relative normal manner. The Olympic Games felt like breaking free while reuniting the

community in a supportive spirit.

Thankfully our lives are also not solely marked by the present, but also by warm and lovely memories and the anticipation of good times ahead.

As always, we would love your ideas, photos and stories to share in the next magazine. Thank you to all who sent encouraging feedback and have participated in this edition. We hope you enjoy this year's first edition of Garvald Magazine.

Best wishes from Anna, Julia, Lea and Andrew

ANOTHER LOCKDOWN



Keep warm and carry on... The winter and Christmas gatherings were held outside of the Main House. Paradise play was set up outside of the Estate shed, which proved to be a very suitable location.





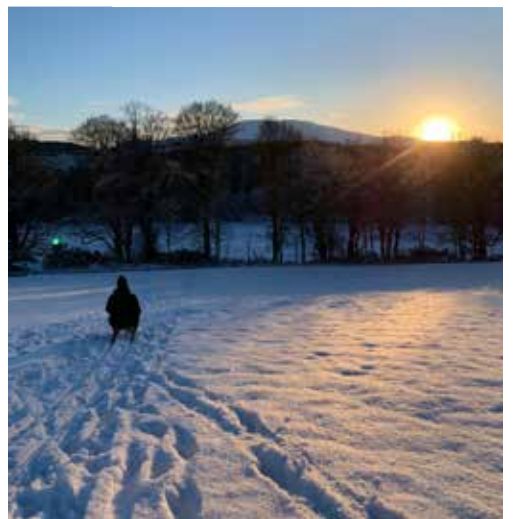
Christmas lost some of its spark with the social distancing and infection control. But each house did their best to make it as warm and joyful as always.





All things have an end. The Christmas trees had their glory, now piled up outside they just had a bit of attention from passersby. In January's snow it was the sledges, and the snowmen and women's turn to shine and spread joy.











Fiko's mini pond project outside of Willow has proven to be a long term project. This spring however, it has suddenly developed into something that look like a pond and the process seems to have been both messy and fun.



Malte with the Garvald bag all staff received with goodies inside... including a well needed hand lotion





In early spring a water pipe broke and Linden almost went up in smoke, resulting in no power and heating for a few days in Linden and the Main House. Rab therefore had to rethink his situation and ended up transforming his holiday van into a mobile office and placing it outside Willow, to get Wifi.

Dominika, Willow's new cook, decided to give Rab a great performance on a frying pan. For two long days maintenance was working hard alongside Scottish Water.

Hill Cottage were happy not to be affected by the heating issue this time. In January's deep winter, they were also without heating for a few days.

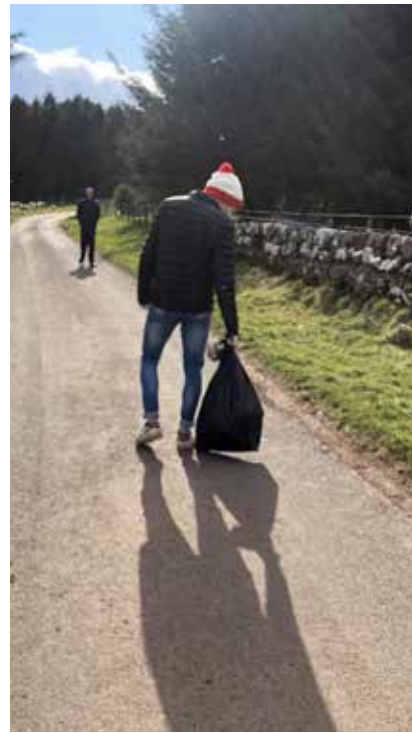


Creativity and outdoor activities were a big part of the lockdown.





Jana applied for a tree project and got 150 trees from Woodland Trust. She and Euan has planted them all, mostly behind Willow, with some help from the other houses.



Malte, This time with a rubbish bag. When out for walks with Thomas and Michael, he has been collecting rubbish.
...with a little help from my friends.



Jennifer's trampoline



WORKSHOPS



Sweet Delights



The Bakery produces bread, pizza, pastries and more but everybody's favourite activity is baking cakes! These sweet, satisfying rewards are a great treat after a session of strenuous cleaning or dish washing. The sweet smell and taste of a cake straight out of the oven can give you comfort and lift your spirits! The pictured cake is a double orange cake from a Mary Berry recipe combined with a white chocolate icing. Feel inspired and create your own sweet treat!

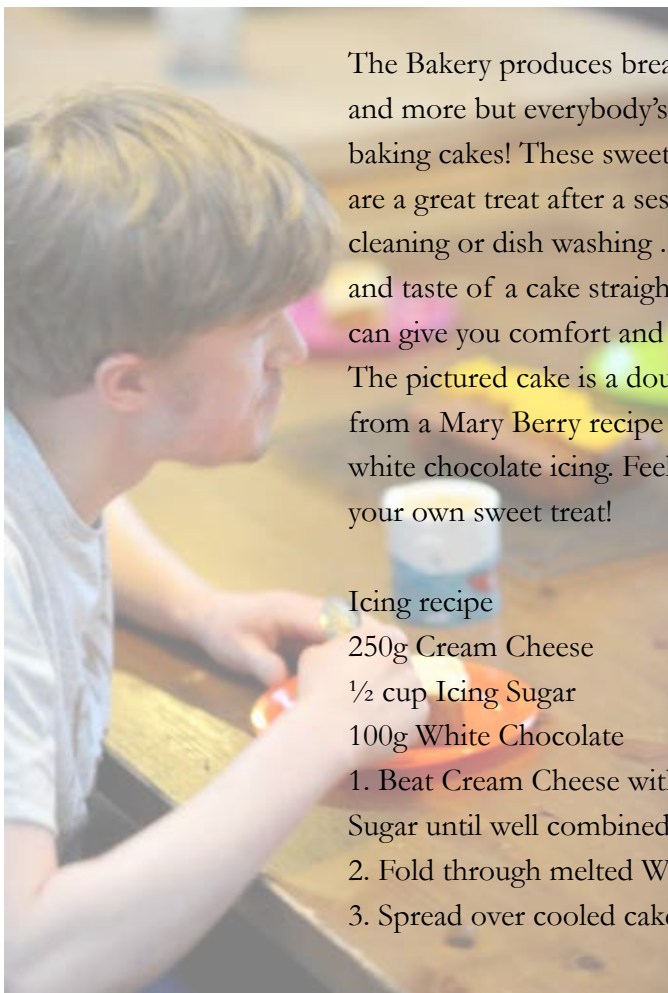
Icing recipe

250g Cream Cheese

½ cup Icing Sugar

100g White Chocolate

1. Beat Cream Cheese with the sifted Icing Sugar until well combined and smooth
2. Fold through melted White Chocolate
3. Spread over cooled cake



Amanda's lockdown

Amanda is the style guru of Linden. Lockdown or not, she always enjoys putting together outfits of bright colour and pattern combinations that no one else could pull off. She just rocks whatever she wears with such confidence. She is a true artist! Amanda spends countless hours creating. She is continuously working on her sketchbooks, which are packed full of collages, pictures, paintings and some fine delicate drawings and covered with her trademark wool braiding. Like the humblest of artists, she creates without any need to show it off but purely for the pleasure of creating and expressing herself. However, she is more than happy for those who ask, to look through her sketchbooks and has often shared her artistic talents with others in the form of exhibitions and dance performances.

In the evenings, Amanda loves nothing more than to lose herself in music. She often sings her heart out to favourite songs. At the moment, it's Meat loaf. Staff are occasionally treated to a special performance. This is one of the ways Amanda shows her care and generosity to others.



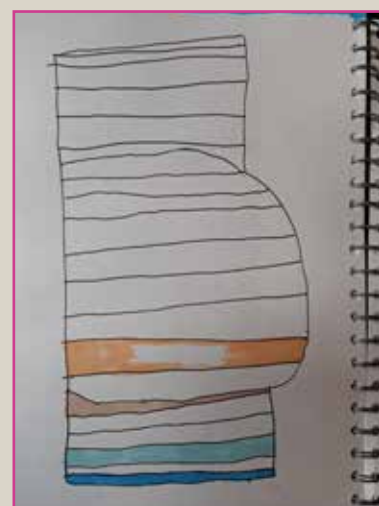
During lockdown, Amanda had a spell where she needed to isolate in her bedroom. Though a difficult thing to bear for many, Amanda was more than content. She says that she really enjoys her own company, keeping herself occupied in her own magical world. Of course, she was visited by staff (and her bunnies) regularly and went out for daily walks.

Amanda says one thing she has been missing during this past year is dancing and hopes to be able to reconnect with Janice Parker and Kirsty Nicholson before too long.



Thanks, Amanda, for being such a wonderful part of Linden house and for all that you bring. Keep on creating, making the world that more beautiful as you go.

Helen Copley - Linden



COVID OUTBREAK

When 2021 was approaching we hoped for a better year. But then... in the beginning of January, Covid-19 numbers increased drastically in the Borders and we were hit by an outbreak in Rowan. Five residents and nine staff tested positive within a week and a half. There were a few staff members from other houses who got infected, but luckily it did not spread further. On Monday, when the last three remaining staff on shift apart from Jennifer got their positive test, Jennifer found herself alone in the house with seven residents, five of which were positive cases. Rab, Gerda and Craig came to her rescue and Craig stayed over to do a night shift. Fiona, our cook, stayed longer to make breakfast lunch and supper. In the bakery Martina was cooking meals for the isolating staff in the main house. Cooks and staff in other houses were providing food for the isolating staff in the rest of Garvald. In HR, Fariba started looking for immediate help from applicants. At one point 32 staff were in isolation, either with Covid-19 or as a result of being in the same household as an infected staff.

Michelle stepped in and did a lot of overtime the first days of the week. Fortunately Verah from Linden and Adele from Hill Cottage bravely entered the infected house and for the rest of the week worked alongside our main person, Jennifer, who remained negative but positive in spirit. Just those three with little help from the agency in laundry and the priceless help of Fiona cooking Gerda, Martina and Fariba working hard strings. the evenings, Carolyn doing some all the meals, and Rab, Craig, behind the scene, holding the

**Rowan sends you all
thoughts of gratitude
and a big thank you
for stepping in and
working hard to
keep it all
together!**

WELLBEING

GARVALD

EDITION

Disclaimer: There may or may not be elements of this article that are satirical in nature. Read at own risk and please consult a professional before acting on any advice.

If there were ever a time to be more mindful about our mental and physical wellbeing, it's now.

But what is being mindful exactly?

From being more aware of our surroundings to reconnecting with our bodies, mindfulness can help overhaul our general wellbeing and physical health. We are all unique so there is not one set recipe for the ultimate reset, however, what we can offer are a few ideas that might assist.

Tip of the day: Be aware of the moon cycles and don't forget to recharge your crystals during the full moon!



Self Care

Lockdown taught us to improvise in many ways, and beauty treatments were no exception. For a fresher appearance and feel, pop on a face mask as an act of indulgence and let yourself relax.



*No face mask? No problem! Improve and use some organic fruits and vegetables instead. As shown by Verah (left) and ** (right). Honey also works a treat.*

Mindfulness hotspots



In Garvald we're lucky enough to be surrounded by land and resources for some rebalancing activities. One of the best ways to utilise the nature around us?

Swimming in cold water!

When done safely, cold water swims can release stress hormones and improve mental and physical health.

Who needs the beach when you can take a quick dip in West Waters and Betty's Corner?! Just don't forget to pack a jumper... or four.

The fun doesn't need to stop at swimming though because these waterways have something very interesting lurking within...

When the foraging season ends and you've already gone for a swim, embrace a new opportunity to create your own prosperity. With the right equipment and company, there's a high chance you could strike gold. Well maybe not a high chance, but a chance nonetheless. All in the name of mindfulness.

If looking for gold isn't your thing just take your lockdown hobbies outside!



Ultimate knitting with Johanna



Be a part of the Garvald Gold Rush with the help of our resident gold miner Sean Baxter



Casual fire twirling with Peggy

Physical Activity



Walk the worries away
If you fancy a new walking route to take your mind off things, try walking between White Hill and Black Mountain. Follow the map pictured and enjoy the spring sights.



Pictured left:
Mr Alasdair Watson, the professional ponderer and expert at observing the world go round as he takes a leisurely walk.

Pictured beneath:
Qigong opens the flow of life energy and helps renew your energy.



Yoga exercises to help you achieve a balanced future



Yoga with
Kathi Gonska

Yoga, dancing
and meditation
with
Lisa Maguire



EASTER

May your Easter be happy
May your day be bright
May you enjoy the treats
And sweet delights
But remember the meaning
Remember God's gift
Remember the resurrection
May your soul uplift



By Sara Mason





Easter gatherings were held outside. Each house had their own table for putting the wheat in the pot with the cross and cockcrow. The egg hunt was also separate for each house this year.





Now the green blade riseth from the buried grain,
Wheat that in dark earth many days has lain.
Love lives again, that with the dead has been:
Love is come again, like wheat that springeth green.

In the grave they laid him, love whom men had slain,
Thinking that never he would wake again.
Laid in the earth like grain that sleeps unseen:
Love is come again, like wheat that springeth green.

Forth he came at easter, like the risen grain
He, that for three days in the grave had lain
Quick from the dead my risen Lord is seen:
Love is come again, like wheat that springeth green

When our hearts are wintry, quiving or in pain
Thy touch can call us back to life again
Fields of our hearts that dead and bare have been:
Love is come again, like wheat that springeth green
J. M.C Crum





Fiona's first day in Garvald

"In at the deep end" are the words that spring to mind when I recall my first shift at Garvald. It was a cold day in late October and, as a newly recruited relief staff, I received a message asking if I could come in and cook lunch. I thought, ok, not quite what I was expecting, but then, how hard could it be? So I turned up the next day, feeling the usual mixture of excitement and uncertainty. But my first impression was how quiet and deserted the house was. Odd, I thought, as the day of my interview it had been full of life and noise, people coming up to me asking "What are you doing here?" or saying "Lemon meringue pie?" or shyly turning away, with curiosity. But today there was no one around. Only empty sofas, closed doors and silence.

I eventually found Jennifer in the office, who explained that the whole house had been evacuated the week before because the boilers were being replaced. The new ones had just been installed and the residents and staff, who had been decamped to a self-catering house not too far away, were due back in time for lunch.

Ok, I thought. Different, but I can go with that. At least it explained why the house was freezing. I was shown where the larder was in the basement, then up three flights of stairs to the kitchen, with defrosted sausages sitting on the side ready to be cooked. Wednesday. Meat day. How many was I cooking for? About twenty two, came the reply. Apparently I was cooking for 'the lunch club' as well. Including at least one vegetarian, a vegan, and some other allergy and dietary requirements.

Hm? Stick to something easy was the only plan in my head. Sausage casserole and mash, and carrots..., and...? I went down the three flights of stairs to the larder, clutching a bunch of keys that I had already forgotten which was which. I found an empty box and counted in how many vegetables I thought I'd need, then found myself standing in complete darkness. Just like that. In the locked larder. In the basement, with no one to hear me. After quite a bit of stumbling and fumbling I located the door and opened it, to find the corridor in total darkness too. A power cut. "They're still working on the power supply" I was told later.

Having staggered up and down the stairs I don't know how many times, the last time I eventually entered the kitchen I found a man armed with a drill attempting to put up shelves. When the power was off he chatted about football and listened to a music quiz on his radio. Then, when it came back on, the reverberating din of drilling drowned out the sound of my frantic chopping, interrupted only by the fire alarm going off. It was deafening. I jumped out of my skin. The maintenance man casually reassured me that it was just routine testing. 'Keep Calm and Carry On', I mumbled to myself.

I glanced at the clock on the wall. Nearly eleven o'clock. Time was flying. I hunted everywhere for salt, herbs and spices, but couldn't find any. There was no hot water for washing dishes, the boilers hadn't heated it up yet.



So, seeing as there was no kettle either, I had to squeeze a saucepan on to the stove to boil some. The oven door didn't close properly so I'd decided to cram everything on to the four-ringed hob, which leaned slightly to the left.

One o'clock loomed. Lunch was miraculously ready. But there was still no sign of anyone. I tracked down Jennifer who said they were on their way and not to worry, there was plenty of time as it was only twelve. Twelve? O'clock? The clock in the kitchen hadn't been put back since the clocks changed. I was an hour ahead, and now faced the challenge of keeping everything hot until they arrived.

I finally got to meet everyone as they made their way up the stairs in dribs and drabs. "What's for lunch?" and "Who are you?" were asked repeatedly. I introduced myself in the chaos of carrying bags to rooms, taking off jackets, returning kitchen equipment (including salt!), washing hands and setting the table. For some reason a short while later I applied for the cook's job and got it. And have never looked back...



Donald, Karen and Danny's

first visit to Garvald In then late Spring of 1991 we arrived at Garvald with a view to Danny coming to stay. With very little knowledge of Garvald, we had no idea what to expect. Understandably, we were very worried and full of

trepidation. Danny had spent the last ten years at Camphill Aberdeen and suddenly, having been let down by a College in Dumfries, there was no plan in place for his future. We had previously visited a number of residential homes but somehow felt none of them were suitable. However, as we approached Garvald and saw this long driveway with the rhododendrons in full bloom on either side of the road, I thought to myself "what a peaceful and lovely place this is".

We were met by Martin Dawson who was the Manager at that time. He gave us a tour of the premises, while explaining to us how Garvald worked. We started off in the main house which (to our minds) very imposing. We were shown the bedrooms, which at that time were shared, we saw the communal areas within the house and the kitchen downstairs where the meals for all of the houses used to be prepared. We then proceeded to the garden and outdoor workshops. All through the "tour" Martin was chatting away and giving us all the relevant information about the various activities that took place on a daily basis, and generally putting us at our ease. Although Danny hadn't been offered a place as yet, I kept wondering how we could possibly decide if Garvald was the "right place" for Danny and to be honest was praying inwardly for some kind of sign that might help in making this absolutely mammoth decision!!

One of the final stops on our tour was a visit to the Bakery. We went inside and it was in full flow, lots of lovely smells, and lots of people preparing all sorts of delicious looking breads and rolls. I turned to ask Martin a question and I turned my back away from Danny for a few minutes. However, when I turned round again there was Danny, who, behind my back and in that short space of time, had put on an apron and was standing in amongst all the others, happily kneading bread, with a huge smile on his face!

What a sign that was, and in that very instant I knew that my prayers had been answered and Danny's future had been revealed. I was right, and most fortunately, Danny was offered a place at Garvald.

He moved into Rowan House on the 18th August 1991, now 30 years ago and we are delighted to say that throughout this time Danny has become and remains a much loved, appreciated and most valued member of the Garvald Community.



By Karen Shamash

THE FERMENTATION STATION

Spring is upon us! The birds are chirping and new life is blooming all around. The smells in the air, the heat from the sun (if we're lucky) and the joy on everyone's faces as we end our long winters hibernation and start to enjoy the beautiful land we have been blessed with.

Something I love to do throughout spring and summer is to forage for nearby wild ingredients and see what fresh, colourful concoctions I can come up with to enjoy myself and with others (if they're lucky).

In this recipe I will share one of my very favourites packed with vitamin C and A. PINE NEEDLE SODA! Start by making a "Ginger Bug" in advance, this is the yeast that will start your fermentation. To do this mix 50g grated ginger, 120g organic sugar and 500ml spring water into a clean container with a lid and shake until the sugar is dissolved. Keep it stored at room temperature with the lid slightly ajar to let the gases escape. This can take a few days to a week, give it a good shake/stir every day. You know the ginger bug is ready when you can see it bubbling away. Once you have this you can store it in a fridge to keep it fresher for longer.

For the Pine Soda recipe the tools you will need are:

- 1 gallon (clean) container
- 1 wooden Spoon (also clean)
- 1 cloth and elastic band
- Fine mesh sieve and funnel
- Recycled plastic bottles to store your soda
- And of course your hands (gloves are optional)

Ingredients:

- Half of your container filled with pine needles
- 2 lemons 2 limes
- 225g-335g organic cane sugar or organic honey (depending on your sweetness)
- 180-200ml of your "Ginger Bug" yeast starter
- Enough spring water to fill your container after placing in your ingredients
- Don't be scared to experiment with other flavours, perhaps mint and apple juice would freshen this soda up

Method:

Get out there and pick enough pine needles to fill half your container, we have many Scots pine trees around Garvald, so i used these. Try to pick from a few trees and not just one. I tend to pick from the ends of the branches as these are fresher. Chop them up to release more aromas and flavours. Make absolutely sure you know what trees you are foraging from and that they are definitely pine!

Add the chopped needles, Ginger bug, cut and squeezed lemons/limes (including skins), sugar and finally water into your container. Stir like mad to let some oxygen into the mix and ensure the sugar is dissolved.

Secure your container with the cloth and elastic band so it can breathe and keep any nasties out. Store in a warm dark place. Ensure to stir the mixture a couple times a day.

After a few days you should start to see some light bubbling at the surface of your beverage, at this point I would taste it and if its too sweet the ginger bug hasn't eaten enough sugar yet. Keep fermenting and tasting over the course of 4 days to a week until it gets to your desired flavour and sweetness.

When you are happy with the soda, strain the liquid through the sieve and funnel into your plastic bottles. Keep the liquid in the bottles with the caps on for a day or two until they start to feel firm. (This means they are getting fizzy naturally! No soda stream in sight!)

Refrigerate the bottles for at least 8 hours before you open them to try.

Most importantly enjoy! I have been known to add a modest amount of gin to mine!

That brings us to the end of this chapter of the Fermentation Station. I shall return with more recipes in the future. Have a beautiful spring and keep smiling.

By Ewan McDougall of Linden House

If you've braved the weather and been for a walk, you may have noticed a few furry additions to Garvald recently. If you haven't met them already, let us introduce you to...



PETS OF GARVALD





Chita
of Willow

BEST PALS...



Harris
of Main House





Exhibition in Garvald

On a beautifully sunny day in Garvald each house was welcomed to a colourful painting universe. They met jugglers, musicians, fairies and extraordinary papier mache and woollen animals on their journey.

The paintings from residents and staff will be part of a project in Germany "20,000 pictures - 20,000 donations" where they will be exhibited and sold with all the proceeds going to an afforestation project in Vietnam.

It was a fantastic community day where we could show a little bit of the creativity of Garvald.

Kathi, Izabela, Indre, Peggy and Merle







FASTER
FASTER!!!



AS SUMMER APPROACHED AND COVID 19 RESTRICTIONS ALLOWED MORE PEOPLE TO GATHER, GARVALDIANS CAME OUT TO DANCE THEIR TRADITIONAL MAYPOLE DANCE.

THE DOG GLEN EXPERIENCED HIS FIRST MAYPOLE DANCING AND MISUNDERSTOOD THE CONCEPT. AFTER SOME SMOOTH DANCING IT GOT STUCK BUT EVERYONE TOOK IT CALM AND THE BAND CONTINUED PLAYING...



YEAH,
WE'RE SWINGING
AGAIN!

BUT
HOW?



OH DEAR.
WE'RE STUCK. IS
ANYONE COMING TO
HELP?





NOT EVERYONE SAW THE ENTHUSIASTIC AND ELEGANTLY PERFORMED DANCE MOVE THAT GOT THINGS MOVING AGAIN.



WOW!
WHAT A
MOVE



THE END



WE WANT YOU AT
NEXT YEARS MAYPOLE
DANCE...



OLYMPIC GAMES



THROUGHTOUT THE YEAR DANNY SHAMASH HAD TALKED ABOUT 'OLYMPIC GAMES IN GARVALD'. SO GARVALD TOOK HIM ON HIS WORD AND THE WORKSHOP LEADERS ORGANIZED THE FIRST EVER GARVALD OLYMPICS. EACH HOUSE COMPETED AGAINST EACHOTHER TO WIN HANDCRAFTED MEDALS AND THE GROUNDS WERE FILLED WITH CHEER AND POSITIVE ENRGY.



...AFTER A WHILE
CROCODILE



I WIN!
I WIN!



WELL, HELLO THERE!



OKAY, YOU GO
FIRST MONKEY



WHERE
ARE WE GOING
AGAIN?!



THEY'RE
GOING THE
WRONG WAY







CHECK OUT
MY DRAWING
EVERYONE



SOMEONE PUT
ONION IN MY
MASK



OMG!
I'LL GET MY OBE



OH YEAAAAHHH



PEACE, LOVE
AND WINNING



THE PLAN YOUR DAY GENERATOR *Garvald Style*

<i>Second letter of your first name</i>		<i>Month you were born</i>		<i>Colour of your t-shirt</i>	
A-B	Dance around	January	the mail shed	White	at sunrise
C-D	Sing in	February	the main house	Black	with flowers in your hair
E-F	Walk to	March	West Waters	Red	three times
G-H	Hide from	April	a sheep field	Pink	with a friend
I-J	Phone Rab about	May	the greenhouse	Purple	with a stranger
K-L	Help with the Green City order in	June	the compost	Yellow	at night
M-N	Marry a stranger in	July	Rab's office	Green	with Mick
O-P	Check out the plants at	August	Craig's office	Light blue	while listening to music
Q-R	Organise	September	Gerda's cleaning collection	Dark blue	with snacks
S-T	Make a daisy chain for	October	Ben's collection of scary masks	Other	and dance
U-V	take a dog to	November	the bakery	Stripes	while playing the guitar
W-X- Y-Z	wave to everyone from	December	West Linton	Flowers	and spin in circles

HOROSCOPES



AQUARIUS

Today is the day you've been waiting for – have the confidence to share your feelings of love around Garvald



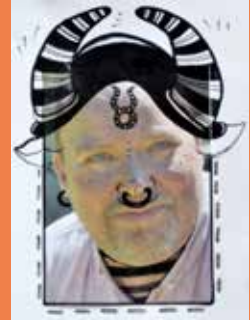
PISCES

If you decide to go for a walk today you'll find something on the river bank near Betty's Corner



ARIES

Bathe in the sunshine this week and pick wild-flowers to give to someone special



TAURUS

Make a wish on a dandelion today or a shooting star tonight, it will come true when you least expect it



GEMINI

The birds are singing for you today, listen carefully to what they have to say, they will influence your future relationships



CANCER

Visit Betty's Corner and leave a nice message for someone by the river



LEO

The Garvald Cupid has visited and you will find something great in the finance office, as long as you have all your PPE on!



VIRGO

Inspiration for your new project is waiting for you on the path towards Willow



LIBRA

The stars have aligned, you should start this week with dancing and sending air kisses to people around Garvald through your mask



SCORPIO

Ask a local Garvald Gardener about how you can help take care of our shared spaces, whatever you plant will bloom and so will you



SAGITTARIUS

Your creativity is at its best this week so take the time to start new things around the house and inspire others to join



CAPRICORN

Don't let your sense of adventure go away with lockdown – take the morning to find a new way to work and see who you find along the way



EDITORIAL

Anna Wiraszka:
Front cover, Photos and Drawings

Lea Bonde Christensen:

Layout and Text

Julia Enchelmaier:

Layout and Text

Andrew Ross:

Graphic design

CONTRIBUTION

Helen Copley, Karen Shamash
Fiona Worthington, Ailsa Wrinn
Ewan McDougall and Kathi Gonska

Printed with the funding of
Friends of Garvald

...all we need is love