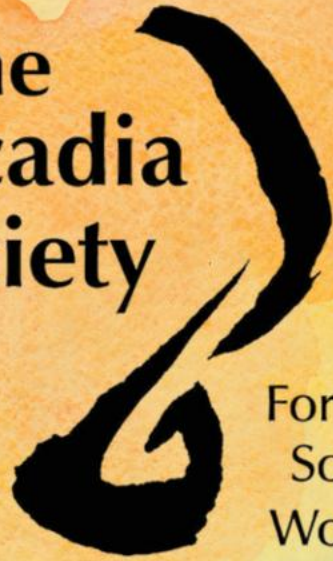


The Cascadia Society



For
Social
Working



ANNUAL REPORT 2025-2026

In Loving Memory



Card by Linda Lawrence

I was united with you.
Stay now united in me.
So shall we speak together
In the language of eternal Being.
So shall we work together
Where deeds find their fulfillment.
So shall we weave in the Spirit
Where human thoughts are woven
In the Word of eternal thought.

-R. Steiner

October 24, 2025: Michael Pallant - a long-standing companion of Bridget House and Cascadia.

December 17, 2025: Linda Lawrence - a cherished friend and valued member of the Cascadia community, and a resident of Bridget House.

May 6, 2026: Catalin Comsia - father of our companion, Eleanor.

MEMORY OF LINDA LAWRENCE



I first met Linda Lawrence in 1992. She was quiet, watching me out of the corner of her eye, then, exciting and mischievous sentences came out from between her lips. She would tell tales of "plastic penny purses", "black drainpipes" and other fantastical objects. Linda could be sunny one moment and tempestuous the next, but even her denouncements upon the world were somehow comical and darkly true.



She loved black rose tea, chatting, drawing, "being sneaky" (her words), and asking questions about God. There were lots of questions and her questions made me want to ask questions in return, because her answers were original, merciful and somehow poetical. These replies could make you see things differently and take yourself less seriously.

I will miss her playful imagination. Linda could make a slow day go fast. Sitting in a room with her was a little like being invited to go for a ride on a magic carpet.

Cliff Dear



Card by Linda

MEMORY OF MICHAEL PALLANT

Some people leave a place so full of life that even after they're gone, you still expect to hear them around the corner. Michael Pallant was one of those people.

Michael was one of the very first companions to join Cascadia, and for many years his laughter, his singing, and his endless conversations became part of the soundtrack of Cascadia Centre. There was always a way to know Michael was nearby, either because he was laughing so hard that everyone else started laughing too, because he was singing at the top of his lungs, or because he was happily talking away about whatever was on his mind.

He had a big personality. It never really mattered what kind of mood he was having; his feelings were always big, almost as big as he was. And he was never shy when it came to giving the biggest, most ginormous hugs.

He also had a wonderful habit that became a Cascadia tradition in its own way: once Michael felt comfortable with you, there was a good chance you would become "Debbie." Over the years he built quite a collection of Debbies at Cascadia, and being given that nickname felt like being welcomed into Michael's circle.

Michael had a deep love for fire trucks, dogs, and trains, a passion he shared with his dad, Roy. But above all, he loved music. Music moved him in a beautiful way. Some songs, especially those by The Beatles, would touch him so deeply that they could bring tears to his eyes.

One of Michael's greatest joys was being out in the neighbourhood. He loved shopping, stopping into his favourite places, and taking long, long walks through the community. It always made me smile when people recognized him wherever we went. And really, how could they not? With that unmistakable laugh and singing voice echoing down the street, and the joy he carried everywhere, Michael became part of the neighbourhood just as much as Cascadia became part of him.

On a personal note, Michael taught me something I will carry with me forever: the importance of the little things. He reminded me that there is always something to laugh about, even on difficult days, and that sometimes all you need is to sing Hey Jude (Or Hey Dude as he would sing) out loud as if no one else is listening.

I still find myself hearing Michael's laughter and imagining him walking around Cascadia. In many ways, it feels like a part of him is still here with us. And I am certain his memory will continue to live in our hearts, in our stories, and in our songs.

Because there will only ever be one Michael Pallant.

Sandra Reyes



ST. JOHN



PRESIDENT'S REPORT

It is my pleasure to present this report on behalf of the Board of Directors of Cascadia Society. The past year and more has been one of transition, growth, and opportunity as we continued our commitment to supporting people to live good and full lives in their communities.

One of the most significant milestones for the Society was the onboarding of a new Managing Director, Michael Frosch, at the beginning of 2026. Leadership transitions are important moments in any organization, and we are grateful for the thoughtful and collaborative approach that has characterized this process. The Board worked closely with the leadership team to ensure a smooth transition and to establish a strong foundation for future success.

Our new Managing Director has embraced Cascadia Society's mission and values, bringing energy, vision, and a commitment to continuous improvement. We look forward to the leadership and innovation that will help guide the Society into its next chapter.

I am pleased to report that Cascadia Society successfully achieved CARF accreditation once again. This accomplishment reflects the dedication, professionalism, and hard work of our co-workers, leadership team, volunteers, and stakeholders.

The accreditation process provided an opportunity to examine our practices, celebrate our strengths, and identify areas for continued growth. Achieving this recognition demonstrates our commitment to delivering high-quality services, continuous improvement, accountability, and positive outcomes for the Companions we support.

Throughout the year, we continued to strengthen our partnership with Community Living BC (CLBC). Through ongoing collaboration and open communication, we worked together to identify opportunities for service improvements and sustainable growth.

Our relationship with CLBC remains critical to ensuring that individuals receive responsive, high-quality supports that evolve with changing needs. We appreciate the collaboration and shared commitment to creating meaningful opportunities for the Companions we serve.

The Board and leadership team have been actively engaged in strategic discussions about the future of the Society, and together, we are identifying new opportunities that will allow Cascadia Society to flourish and remain responsive to the needs of our communities.

This work has included exploring service enhancements, strengthening organizational capacity, supporting workforce development, and seeking innovative ways to expand our impact while remaining true to our mission and values.

Over the past year, we have also focused on becoming more visible and engaged within our communities. We will continue seeking opportunities to share our story, celebrate successes, advocate for inclusion, and strengthen our presence as a valued community partner.

As we move forward, we do so with optimism and confidence. We are supported by dedicated employees, engaged leadership, committed volunteers, valued funders, and a Board that remains focused on effective governance and long-term sustainability.

On behalf of the Board of Directors, I would like to thank everyone who contributes to the success of Cascadia Society. Together, we will continue building a future where Companions are supported to live meaningful, connected, and fulfilling lives.

Respectfully submitted,
Amy Chang
President

CIVIC PLAZA MARKETS 2025



CREATIVE GROUP



DONATIONS

Thank you for your generous support. Your contribution helps sustain the daily rhythms of care, learning, and connection that are at the heart of our community life.

We are truly grateful for another year of partnership in this meaningful work.

ORGANIZATIONS

MT. SEYMOUR LIONS CLUB
EMPIRE GRAIN STEVEDORING LTD
BENEVITY
REAL CANADIAN SUPERSTORE
LOBLAWS CITY MARKET LONSDALE
SAFEWAY WESTVIEW MALL
THRIFTY FOODS EDGEMONT MARKET
BC PLACE COMMUNITY BENEFIT PROGRAM

GRANTS

VANCITY – LEPAWSKY FAMILY FUND
CAMPHILL FOUNDATION

INDIVIDUALS

ALIDA VEERBEEK
AMY BEDFORD
ANNEKE JONKER
BERTHA REGAN
LYNN CHAPMAN
MICHAEL FROSCHE
TURNBULL FAMILY
CATALIN COMSIA
HASEGAWA FAMILY
IAN CUMMINGS
JESSICA CHEN
JOHN BARKER
LIDIA & MARION PODLOVSKY
MARGARET PULS
MARY BEACH
MICHAUD FAMILY
RENEE MARTUS
HELGI & SAM SCORDA
SHELAH GRANT
SUSAN ZHOU
JANICE & WATSON DEERY
YAMASHITA FAMILY

**WE HAVE ALSO RECEIVED A HANDFUL OF ANONYMOUS DONATIONS,
FOR WHICH WE ARE EXCEPTIONALLY GRATEFUL.**

MANAGING DIRECTOR REPORT

Dear Friends of the Cascadia Community,

It is a pleasure to contribute to the Cascadia Society's Annual Report for the first time. Although I am a newcomer to working at Cascadia, I have, as a volunteer and as a Waldorf teacher at the Vancouver Waldorf High School over 30 years ago, been a longtime friend of Camphill both in Vancouver and the UK. Despite my familiarity with Camphill, my first six months as Managing Director has required focused attention on getting to know the many details of the Cascadia community – the companions, co-workers, families, and friends - and how this wonderful community operates.

As a newcomer to Cascadia, it has been interesting to learn more about why the founders of 'The Cascadia Society For Social Working' chose this name when the Society was incorporated on April 1st, 2000. I was pleased to find a reference to what stands behind the meaning of Society's name in a past Annual Report. I also had the opportunity to speak with Graham Oslund, who is a founding member of Cascadia, and was instrumental in choosing this name.

Given that some of the readers of this report are also relatively new to Cascadia, I thought it may be of interest to explore what stands behind the Society's name.

Why Cascadia? Cascadia locates us on the globe – it is the name that refers to our west coast bioregion, which is well known and beloved locally and internationally for its majestic mountains, clear and clean streams, rivers, and waterfalls, and of course the Pacific Ocean. It is a location in the world where the element of living of water predominates, which in its nature radiates healing qualities and is in continuous movement and change. So, it appears that 'Cascadia' was chosen as a name to link us to this place where change, development and healing is supported by our natural environment.

For many of us the word 'Society' resonates with coming together as a living and working community, where we do things together not only for ourselves but also for our common good. **At Cascadia we have a chance to create a society that works, learns and celebrates together with care and interest every day.**

Finally, **why 'Social Working'**. This part of the name does not refer to the vocation of "social working" but rather it refers to working together socially. This is about how we work, meet, socialize, and celebrate – how we get things done together with warmth, enthusiasm, and care for each other.

With the above context we can begin to understand and appreciate inspired the founding members to bring the name 'The Cascadia Society for Social Working' into being.

Continuing a little further with the theme of 'names', you may have noticed that the name "A Camphill Community" is included in our Logo. Those of us who are new to Cascadia, may have wondered what is meant by 'Camphill'. Put concisely, the term 'Camphill' originates from the name of the specific Estate, located near Aberdeen Scotland, on which (in 1939) the first home was located where Karl Koenig, with a group of founding members, started to live and work together with children with special needs as an 'intentional' community. This founding group, most of whom were refugees displaced from their homelands in Europe by the 2nd World War, were inspired and deeply motivated by the work and teachings of Rudolf Steiner, known as Anthroposophy, especially as it applies to the vocations of Medicine, Education and Social/Therapeutic Education. Over a period of 2 to 3 decades this seed initiative of the founding members on the Camphill Estate, grew into a worldwide movement of communities of people (with and without developmental differences) living and work together, referred to as Camphill Communities. Now days, there are approximately 10,000 people of all ages and abilities directly involved in living, working, or participating in the approximately 120 Camphill communities across more than 20 countries.

For those interested, the Karl Konig Institute, has recently released a new documentary film about Karl Konig and the founding of Camphill, entitled 'Light for Humanity', which I can highly recommend – the link to stream the documentary is: <https://vimeo.com/1169441310/87113db67c?share=copy&fl=sv&fe=cj>

Remaining with the Camphill theme, The Cascadia community hosted a Camphill Association of North America (CANA) meeting, which took place over 4 days in October 2025. This was a lively and joyful event, which included contributions from companions and coworkers, including delicious catered snacks and lunches. More recently, several coworkers and companions also joined the June 2026 CANA meeting hosted by Glenora Farm, our sister Camphill Community on Vancouver Island.

There are twenty Camphill communities across Canada, the US and more recently Columbia and Argentina that belong to CANA, including Cascadia. In addition to conducting the business of the Association, CANA meetings, which take place in different hosting Camphill Communities three times a year, are a practical way for members from these communities, which are widely spread across the North American continents, to build personal connections, to share news, learn from each other, celebrate the work being done together and ultimately build the wider community of Camphill, which is part of an international movement.

As summer comes to an end, we look forward to a new annual cycle of working, living, and celebrating together at Cascadia.

Thank you for your ongoing and generous support, which helps the Cascadia Community to thrive.

Michael Frosch
Managing Director

card design by Linda Lawrence

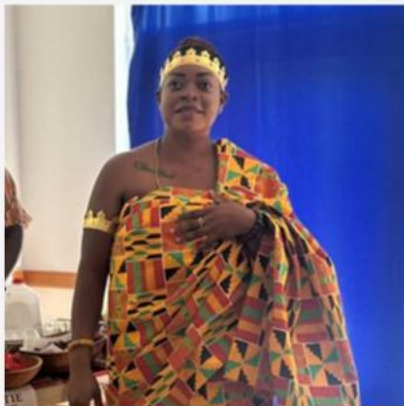


CULTURE DAYS - COLLEGE

NETHERLANDS



GHANA



TAIWAN



INDIA



A BIRD'S EYE VIEW OF LAST YEAR LEADING INTO A GLIMPSE OF THE YEAR AHEAD

A slow, steady pulsing rhythm that heralds and embraces change continues to be the signature of the life blood of our community, in fact of the many Camphill communities in North America.

Since the time of our last Annual report we have welcomed many new friends.

2025

Emma Hooton ~ August, **Marlon Schmidt** ~ August, **Johanna Trentz** ~ August, **Cici Liu** ~ September, **Allison Kiernan** ~ November, **Sandra Reyes** ~ November

2026

Michael Frosch ~ February, **Andrew Martin** ~ May, **Brooke-Lynn McCallum** ~ June, **James McLatchie** ~ June, **Clara Engeln-Jung** ~ August, **Samuel Seebacher** ~ August, **Francesca Feidelberg** ~ August, **Lisa Aber** ~ August, **Kris Nielsen** ~ September.

Emma initially joined our community as a local volunteer supporting the workshops in Circle Hall. We were delighted when she accepted a position with us and was able to commit to supporting the clay shop.

Marlon the first of the international interns to arrive came from Germany to join Sophia House. Marlon has kept us all on our toes with his many penetrating questions and his passion for detail.

Johanna arrived next from Germany to join Kaspar House, where she brought her warmth and support to transforming and creating a new home for the companions there.

Cici joined our community in September. It is a pleasure to welcome this lovely young woman with her beautiful smile and friendly disposition into our community. A wonderful addition to the Youth Group.

Allison came on board in November to support the Fibre Arts studio. She brings with her a background of working with children where her innate patience both deepened and strengthened, a gift that is very valued in our work here at Cascadia. Allison also brings experience with art installation, and leading art-related events, a strength that we hope to be able to put to good use here.

Sandra a familiar face to many of you returned to Cascadia to take up a new position as our Business Administrator. Sandra had stayed connected to the community while working as a Program Director for another organization. Her heart was here in the community so when the position became available she applied without hesitation. The rest is history.

Michael took up the task of Managing Director in February, making it possible for me to step back from a carrying role. As many of you have most likely experienced he brings with him not only a wealth of organizational experience and knowledge but genuine warmth and interest to the community. Michael also brings with him an interest and familiarity with music, musical instruments and a wonderful singing voice.

Andrew has a long history in Camphill, he moved back to Vancouver from Glenora Farm where he lived for many years. Andrew was a weaver and part of the land crew as well as a member of their bell choir. He loves to bake and makes a mean lemon cake that you can sometimes find at our Christmas market.

Brooke-Lynn joined the community in June after graduating Handsworth Secondary School. She brings with her enthusiasm for learning new things and making new friends. Brooke-Lynn has a great sense of humour and after just short time with us, it feels like she's been here for years.

James returned to Cascadia full-time in June during the summer program and has now taken up the work of supporting the clay workshop. He had taken a break to look after his grandmother and attend to his continued studies.

Clara has joined us very recently, in August, and has already stepped into supporting our one-to-one program. Clara is very interested in drama and theatre - you might see her volunteering during many of the local theatre events.

Samuel arrived just weeks ago to join Sophia House. We are just getting to know one another but we can report that he brings with him curiosity about anthroposophy and a genuine interest in living together with folks with challenges. We have heard that he is musical, and are looking forward to experiencing this aspect.

Francesca – Joined our team in mid-August to be a support where needed. To begin Francesca will be here Tuesdays and Thursdays as she is currently taking courses towards her application into the physiotherapy program. She brings with her a depth of compassion and understanding born out of direct experience of supporting a family member with disability.

Lisa our most recent intern has also arrived and has settled in Kaspar House. Lisa has trained in the medical field since she was 17. She is open-minded, asks great questions, and is overall a very warm person. She got inspired to experience Camphill by her sister's year at a Camphill in Scotland.

Kris joined us in the beginning of September. Kris brings with her a rich and varied gamut of life experience that can enrich our community. Her enthusiasm and genuine interest paired with finely honed observation skills are welcome assets.

Then there were the goodbyes!

In mid-September of 2025 **Amy Bedford** began the process of stepping back from her role of Executive Co Director and her work as Cascadia's Business Administrator. While preparing herself to shift into pursuing her other interest in the field of Finance; Amy was offered a position that met many of her criteria. We were and are very grateful that Amy continued to carry Cascadia's Business needs while beginning her new career. Amy then mentored Sandra as she was preparing to step in and continued to do so through the end of the year.

July saw us saying goodbye to both **Jesse Crozier** who continued to carry Kaspar House through the third week of August before setting up an independent home nearby with two of the Kaspar House companions.

Ama Gyane also left in July. She was able to provide much needed support, imbued with Camphill experience for a brief but greatly appreciated two months. She left for Camphill California where she was accepted as a student in the Camphill Academy.

August is often our busiest month of transitions as our annual interns head back home to take up their studies and the new interns arrive and integrate into the daily life of the community. It is both an exciting and emotional time for everyone. Saying goodbye is not always easy even when you know it's coming. Welcoming new faces is always more exciting but not without it's challenges.

In August we said goodbye to **Aiyana Schultz** and **Anna Jonsson** who returned to Germany to study and pursue other things.

Frieda-Raye Green left in mid-August to pursue full-time studies. It was a difficult but necessary step for her career. She has stayed in touch ever since and was able to be here this summer for a short art project with fiber arts in summer 2026. Frieda-Raye is very interested in staying connected and supporting projects when she is available.

Soleil Mannion, who was already mentioned in the arrivals section left at the beginning of September to return to Argentina where she pursues her artwork and creates beautiful leather bags while also taking care of horses. We look forward to seeing her next summer.

In October we said goodbye to **Temitope Alimi** who made the difficult but unavoidable decision to leave . The travelling time to and from Cascadia cut too deeply into her time with her young family.

Then in May of this year we said goodbye to **Karin Piracés Blum** who moved to Abbotsford where her husband landed a job. Cascadia is still too quiet without Karin's amazing gift of music.

Emma Hooton left us in June to get ready to attend university on the east coast.

Also, in June, **Cora Hermary** left first to visit Paris and then to prepare herself for further studies which she will take up in this fall at Emily Carr.

Monique Walsh

BERRY FARM VISIT



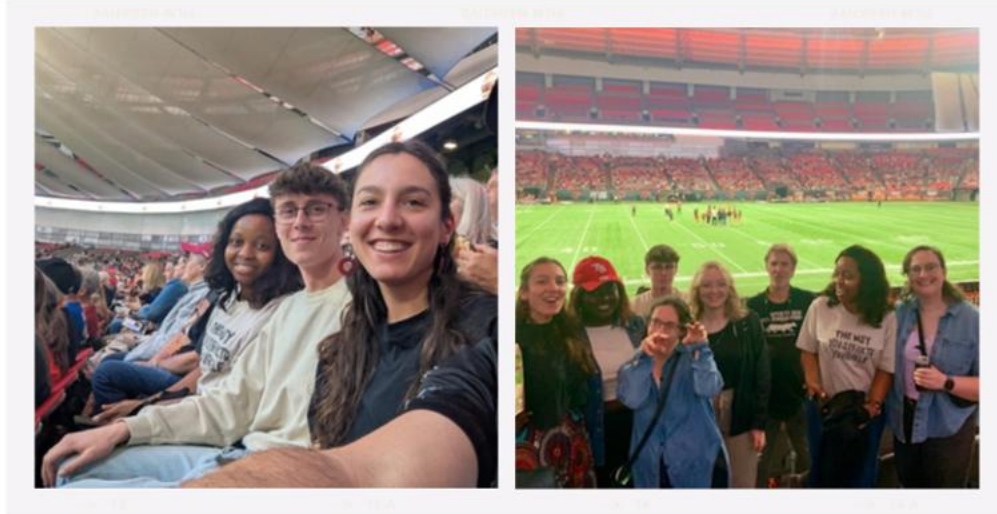
YOUTH GROUP CHRISTMAS MARKET VISIT 2025



HOME SKILLS



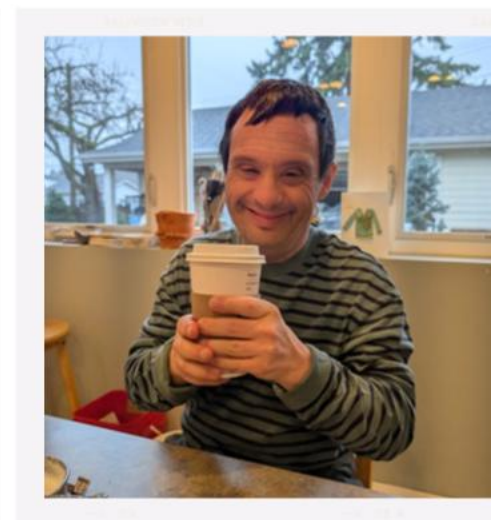
BC Lions Game - donated to Cascadia by BC Place Community benefit Program



CANDLES



A CUP OF JO(E)Y



REVIEW OF ACTIVITIES JULY 2025 TO JUNE 2026

Last year's report ended with excitement for the summer ahead, and that is where this year's story begins. Once again, it has been a positive and productive year in the Day Program. We welcomed several new companions into our community, bringing fresh energy, new friendships, and enthusiasm to our workshops and activities. The familiar rhythm of the program continues to provide a strong foundation, while new ideas and initiatives help keep community life vibrant and engaging.

An important milestone this year was the successful accreditation review of all Cascadia programs. **We are pleased to share that our services received accreditation for another three years through CARF.** This achievement reflects the dedication and care of our coworkers, leadership team, and office staff, as well as the willingness of companions and families to share their experiences with the surveyors. The process itself was an encouraging one. The surveyors brought a wealth of knowledge and constructive ideas, many of which we have already begun incorporating into our work. **Thank you to everyone who participated and helped showcase the strengths of our community.**

Now, however, to the many activities, celebrations, and moments that shaped the year.

At the end of June, shortly after our AGM, we gathered for a modest **St. John's celebration**. Friends and coworkers met on the mosaic behind Cascadia Centre, where we shared songs, poems, and reflections in honour of the season. It was a simple gathering that offered a gentle beginning to the summer months.

Throughout the summer, companions rotated through different workshops, offering opportunities to learn new skills, experience different working environments and connect with people they might not ordinarily work alongside. The familiar workshops of Fiber Arts, Clay, Garden, and Home Skills continued, alongside the new Creative Group, which began during the summer and continued into the fall due to its popularity.

The Fiber Arts Workshop explored colour and light through various projects, including the creation of beautiful silk scarves using UV-sensitive dyes. The Clay Workshop focused on glazing techniques, experimenting with underglazes and observing how colours transformed through the firing process. The Garden Workshop, as always, was especially busy throughout the warmer months as companions watered, weeded, harvested produce, and cared for the gardens during the summer heat. Meanwhile, the Home Skills Workshop supported the wider community through gardening assistance, food preparation, organizing shared spaces, and processing the harvest from the garden.

One of the highlights of the summer was the **Creative Group**, led by Cora. Drawing on her experience and gifts in clowning and theatre, the group explored emotions through humour, movement, creativity, and play. Participants discovered new ways to express themselves while building confidence and enjoying one another's company. The group's success led to its continuation in the fall program.

Music continued to play an important role in our weekly rhythm. Alison's music sessions moved to Tuesday mornings during the warmer months, while Karin continued to lead lively **Friday afternoon music** gatherings. A **Movement Group** was also introduced in response to requests from many families and growing awareness that maintaining mobility and physical activity is becoming increasingly important for many companions. Through games, sports, dance, stretching, and group movement activities, companions were encouraged to stay active in enjoyable and accessible ways. **Friday swimming** also continued as an important part of our weekly rhythm, providing both exercise and opportunities for fun and social connection.

Our **Culture Days college sessions** continued throughout the summer and into the fall. These presentations allowed companions to learn about different cultures through stories, traditions, food, and personal experiences.

Ama and Mabel shared traditions from **Ghana**, Vinay spoke about **India**, Katherine introduced us to her homeland of **Taiwan**, Jenna and Marijke presented the **Netherlands** and their family roots there, and Cora, with support, shared stories and traditions from **Alberta**. These presentations broadened our understanding of the world while strengthening the connections within our own community.

In September, we held our **annual ISP** meetings. As always, these meetings provided a valuable opportunity to meet face-to-face with companions and families, celebrate progress, discuss goals, and consider how we can best support one another in the year ahead. These conversations remain an important part of strengthening the connection between home and program, and it was a pleasure to spend time together with each family.

Our **Halloween** celebration took place under unusually rainy conditions. Anticipating the weather, we adapted our plans and returned to an older tradition by hosting the celebration at the back of Cascadia Centre rather than at the front. The covered spaces provided welcome shelter from the heavy rain and allowed guests to enjoy the festivities despite the challenging conditions.

This year's theme was inspired by the beautiful Mexican celebration of Día de los Muertos (Day of the Dead), honouring the light and life that continue to shine during the darker seasons of the year. A traditional Mexican altar formed the centrepiece of the celebration, accompanied by a wishing pond and many mystical creatures created by the workshops. While the weather kept attendance somewhat smaller than usual, many brave trick-or-treaters still came by. Felix and Katherine spearheaded the event, welcoming guests and helping create a warm and festive atmosphere despite the rain.

Around the time of Michaelmas, companions and coworkers worked with Ruth to create a short story presentation centred on the importance of listening more deeply and speaking with intention. Though simple in form, the play carried an important message and was warmly received by those who attended.

The production was also shared during the **Camphill Association of North America (CANA)** gathering, which Cascadia had the honour of hosting in late October. A great deal of preparation went into welcoming representatives from Camphill communities across North America. It was truly a gift to have so many people gathered at Cascadia, holding our community in their hearts and minds. The gathering offered opportunities for learning, reflection, and connection, while reminding us that we are part of a much larger movement and network of communities. Much more can be read about this special event in Monique's report.

As autumn gave way to winter, preparations began for Advent and Christmas. This year we ventured in a new direction with our Christmas play tradition. Rather than presenting the familiar *Paradise Play* and *Shepherds' Play*, we worked with a **Christmas story by Karl König titled *A Little Christmas Celebration***, which wove many familiar elements into a single production.

The story included Adam and Eve, the shepherds, the Three Kings, Mary and Joseph, and the angels, all gathered around the central image of the Christmas tree. It also introduced new characters, including the Lord of the Minerals, played by **Callum**, the nephew of our companion Joe, as well as the Brown and White Figures and the Spirit of Resistance, courageously portrayed by Thomas alongside his father, **Rick**.

It was a magical production that brought together companions, families, volunteers, and community members in a truly memorable way and became one of the highlights of the Christmas season.

Candlemas offered another opportunity to gather and celebrate the returning light. As is our tradition, companions and coworkers gathered on the mosaic behind Cascadia Centre and planted our earth candles in the four directions: north, south, east, and west. Whether or not the groundhog saw its shadow remains a mystery, though none of us certainly did! It was a simple but meaningful celebration and a welcome moment to pause before turning toward the activity and excitement of Carnival.

This year's **Carnival theme was Knights and Dragons**, a theme that had been suggested for many years and was eagerly anticipated by all our companions. Workshops prepared songs, poems, puppet shows, research presentations, and dramatic performances inspired by medieval stories and legends.

The afternoon took participants on a journey across distant lands in search of a princess hidden within a castle. Sword fighting led by **Graham**, games, storytelling, and laughter filled the day. We were also delighted to welcome a **group of students from St. Thomas Aquinas School**, whose participation added even more energy and excitement to the celebration. As always, Carnival offered a joyful opportunity to be playful, imaginative, and fully immersed in the festivities.

Easter preparations centred around the biography of **Kaspar Hauser**, whose life and story provided the theme for our Holy Week activities. Throughout the week, companions and coworkers gathered each morning in Circle Hall to begin the day together.

On Monday, Linda and Ruth introduced the **life and story of Kaspar Hauser**. Tuesday was devoted to collaborative **painting** in Circle Hall, where participants explored an image from the story through colour.

Despite the rainy weather on Wednesday, companions gathered for the **stirring of the preparation** led by the Garden Workshop. Everyone had an opportunity to participate before **colouring Easter eggs** and applying the preparations in our gardens.

Thursday brought the return of the tradition of **Foot Washing**, a practice symbolizing humility, service, and care for one another. The Circle Hall was arranged to provide comfort - companions and coworkers took turns offering and receiving this gesture. Throughout the morning, **Michael, Katherine, and Karin provided beautiful live music** that helped create a peaceful atmosphere.

The week concluded with our shared **Easter meal**, always one of the cherished highlights of the season, bringing everyone together around beautifully decorated tables in a spirit of celebration and community.

During the spring, we were delighted to welcome friends **Heinz and Heidi**, long-time friends of the Camphill movement from Switzerland. They spent time with us while visiting Vancouver before continuing their cycling journey to California. It was a pleasure to share meals, conversations, and community life with them.

We were also fortunate to welcome students from **Vancouver Waldorf School**. A Grade 2 class spent a rainy day exploring the gardens, the river and community spaces alongside companions and coworkers. It was a joyful visit, and our companions took great pride in sharing their knowledge, skills, and favourite places with the younger visitors.

We also enjoyed a special college presentation offered by **Monique and Herb**. Together, they led us through an exploration of water and the fascinating **phenomenon of vortices**. Through hands-on experiments using red and blue inks, companions observed the movement and formation of vortices in water. It was both educational and visually captivating.

Our **Ascension** outing was happily rescheduled for June. We made our traditional trip to Cleveland Dam, where companions and coworkers enjoyed sunshine, exploration, conversation, and singing together.

As we look toward the year ahead, we remain grateful for the many companions, families, coworkers, volunteers, and friends who help make Cascadia such a vibrant and caring community.

Liisi Einmann
Program Director

MICHAELMAS



PAINTING WITH CLIFF



FROM THE CAMPHILL ASSOCIATION OF NORTH AMERICA

For some of our readers the idea of a Camphill Association may be something completely new and unfamiliar with Cascadia's relationship to it even more of a mystery. Therefore, I will give a very brief overview of the Association itself and Cascadia's connection to it. I would also encourage anyone interested in learning more about this body to read the reports from previous years, which are available on our website.

The Camphill Association of North America was established in 1983 in order to connect and support the various Camphill communities across the United States and Canada, currently numbered at fifteen. Its main intention is reflected in its name; to associate.

However, it is important to know that it is also responsible for some very practical aspects such as safeguarding the Camphill trademark in North America which is a member of an international movement founded in 1939 by Karl Konig, built on the understanding of the human being as outlined by Rudolf Steiner. The Peer review is a valuable practice that supports this task.

The Association is membered by individuals from each community known as Trustees. The trustees meet three times a year - March, May and October - and participate in a Zoom meeting in January. The activities of the Association are funded by the dues paid by each community.

The in-person meetings rotate around the many communities in the region providing opportunities for meeting one another, and for experiencing how the core principles and intentions of Camphill live in our various communities. These meetings also provide an opportunity for deepening our understanding of the unique challenges and strengths of each place, for learning from each other and sharing best practices.

Each host community is given the opportunity to offer an artistic presentation or a panel discussion by way of introducing itself and its various activities that take place throughout a given day or week. Families and friends are invited and welcome to participate.

Since our last report in June 2025 the Association has met three times.

Our first meeting in October of 2025 was in fact held here in Cascadia.

It was a very warm and uplifting moment for Cascadia as we negotiated through a very difficult and challenging time in regard to our Life-Sharing aspect here.

Some of the topics and activities on our agenda included: a presentation from the Section for Inclusive Social Development, an offering on Inner Work and Curative Education/Social Therapy, looking at the Association's Dues Structure, a report from the CANA Fund, Generational conversations, Artistic workshops, an evening event of presenting the Lifetime Achievement Award to a colleague from Camphill California. An outing to Lighthouse Park or exploring the Lower Lonsdale area was offered on one day as well. A very full and rich program.

One of my strongest memories from our time together here was the amazing guest appearance of a stag that just stood quietly between the trees of Cascadia house as we were exiting from Circle Hall.

In March, Michael and I travelled to Plowshare, a beautiful rural community in New Hampshire. At this meeting Michael Frosch took up the task of being Cascadia's Trustee as I laid down my responsibilities. We began our meetings on Wednesday evening with a wonderful new film about Karl Konig and the early days of Camphill, A light for Humanity - In the footsteps of Karl Konig.

The next days we finalized and approved the proposal for the restructuring of the dues which was first presented in the October meeting, looked at the draft Budget for the Association, followed by community sharings.

Later, there was an update from the Camphill Foundation where we learned that all requests were funded at hundred percent even though it meant going over budget, and the Foundation asked that estimates of requests for the coming year be submitted by April 15th.

Overall, each day was very full as outlined below:

A presentation on the Seven Conditions for Inner Development which was followed by a tour of Plowshare community. Then we had a presentation on the biography of Rudolf Steiner's younger years. Next came a presentation from Riverflow - a community in Vermont that is seeking to become a Camphill community. Then came a proposal from the North American Council regarding dues. This was followed by a request from the middle generation to establish a Recruitment Committee targeting the middle generation folk. Followed by an update from the Coworker Development Committee.

With the business portion more or less complete for the day, we had a well-earned outing that included a visit to two Waldorf Schools in the immediate area, followed by a trip to Plowshare's coffee shop located in the nearby town of Wilton, where we were treated to a very good coffee and could purchase a vast array of crafts made in the community.

On our final day we had a plenum to consider the future needs of the Karl Konig Institute in North America as it seeks a new administrator/administrative team. We took time to build and share an imagination for what the future needs of this work may include.

Our last session was focused on a presentation from Guy on Building Substance (Reflections and the Year Ahead).

I would like to add that each day started with singing. Plowshare has a wonderful, strong culture of beginning each day with singing. It was truly amazing and nourishing.

Last but not least, in May we gathered on the West Coast again for the Association AGM which took place in Glenora Farm, our sister community in the Duncan area on Vancouver Island.

Being close to home, a number of folks were able to travel to join in some or all of the meetings. Eleanor and Mary were able to attend with the support of Sandra and Mabel as well as Katherine, Felix, Liisi, Michael, Linda and myself. Andrew and Graham were also able to join.

We began our time together with a presentation on Wednesday evening on the First Goetheanum and the Image of the Rose Cross. Thursday morning, we celebrated Ascension together with the Glenora community before gathering in Trillium to hear the Ascension story as brought by Guy.

Spread throughout the next three days, our business component consisted of welcoming and formally approving the slate of Officers for the coming year. Approving the budget, an update from the CANA Fund and the Coworker Trust.

In between the business items we were led through her research project by Libby that focused on Paths in Community Building. A very interactive and artistic presentation spread over three sessions to explore past, present and future of community building and its various strengths and challenges.

In our time together we also heard a presentation on one the Michael Letters and had a powerful conversation on the topic of Compassion and Responsibility in Community.

Most memorably we were treated to a beautiful musical presentation from the Glenora community featuring a piece written by one of their founding companions.

Following our very rich and full meetings Martha, Mary, and I travelled to Germany to take part in a Community Members Conference, held in Hohenfels on the Lake of Constance.

I would like to end this report by saying that over the years in these meetings we have developed helpful tools that support listening, quiet reflection and deep appreciation for the other. Tools such as Reflections from the Night, Raphael conversations - the Fish Bowl exercise and a number of artistic activities which include singing, eurythmy, painting, clay modelling and speech.

Monique Walsh

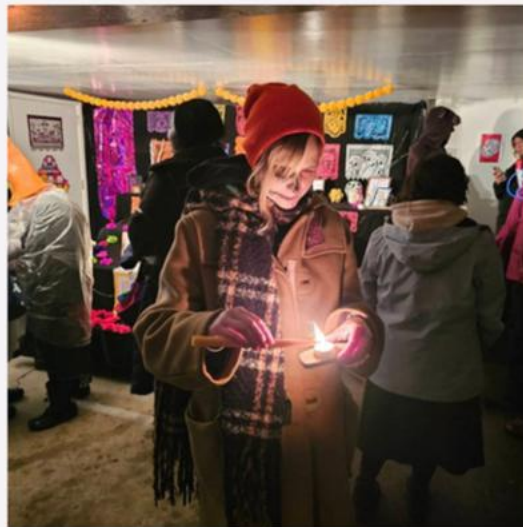
CANA - VISIT TO GLENORA



VANCOUVER WALDORF SCHOOL WINTER FAIR 2025



HALLOWEEN



INTRODUCTION TO SUPPORTS AT CASCADIA

*All interviews carried out by our team of hard-hitting reporters in Youth Group -
Thomas, Caity, Eleanor, Brooke-Lynn, and Cici.*



Johanna came to us as a community support assistant through Freunde and arrived on August 29th, 2025. She grew up in a small village in Germany called Saxony-Anhalt.

When she was 14, she started to work with horses on a farm close to her home. The horse trainer told her to use all her senses and energy to communicate with the horse, and to increase the feeling of safety. Dogs are also an important part of Johanna's life.

In 2022, Johanna started her training in therapeutic education. During her time with us, Johanna supported our residence Kaspar House, working closely with Mabel. She was a part of the Candle Workshop and the Fibre Arts Workshop and closely worked with Gus. Johanna's departure was on August 24th, 2026.

Marlon arrived to our community on August 24th, 2025 through Freunde and spent his year supporting our residence Sophia House. He was mainly involved in the Home Skills, Clay, and Movement workshops.

Marlon was born on July 1st (Canada Day) in Büdingen, Hesse, Germany. Marlon came to Vancouver previously to attend a language course when he was 16 years old. While attending secondary school, Marlon did an internship on an organic farm and worked in the garden area with clients.

He has a passion for mountain biking and cooking, and his goal is to become a pilot. This has been his dream since childhood. He flew back to Germany on August 19th, 2026.



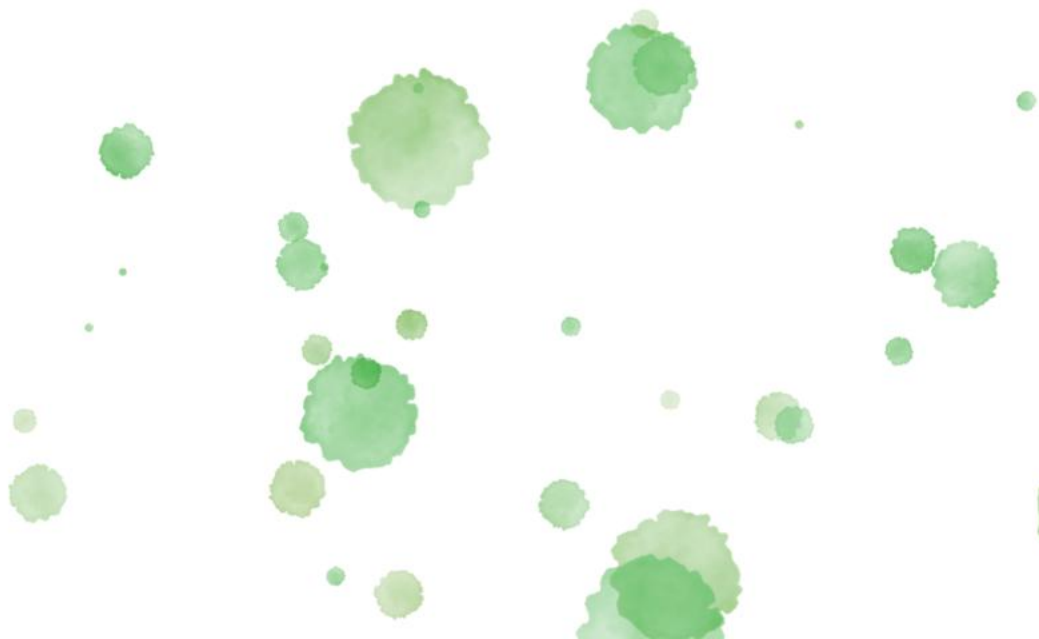


Mabel was born in Accra, which is the capital city of Ghana, in Africa. She was the oldest child, with two younger brothers. In 2017, Mabel completed her Bachelor of Science in Accounting, and she was one of the youngest women that year to do. She worked for six years in administration at the Ngleshie Amanfro Polyclinic in Ghana, which supports mothers with childcare both at home and in the hospital before switching gears in 2023 to become a live-in care assistant with the L'Arche Cork community in Ireland for two years. Afterwards, Mabel spent one year with the Camphill Community Ballemoney in County Wexford, Ireland.

Vancouver wasn't Mabel's first choice; she just wanted to experience a new Camphill community. Mabel was accepted into all the communities that she applied for, but Cascadia was the most engaging.

Mabel has been the house manager of Kaspar House and a coworker in our day program for nearly two years now and is often lovingly referred to as 'Mama Mabel.'

- **What kinds of things do you like to do?** Everybody knows I like music; I like to sing along in a high pitch. I can spend the whole day listening to sad songs, not because they are sad but because I like music. I like to dance, even though I can't do it properly, but I try, and I like to cook and eat.
- **What do you like to eat?** I like my spice. Chili, habanero peppers, anything hot, count me in.
- **What do you like to cook?** Fufu, local dishes, Ghanaian food. I love chicken and goat meat, which tastes like lamb but is nicer than lamb.
- **What is your favourite song?** I want it that way – Backstreet Boys. I hadn't heard of the Backstreet Boys when I heard [the song] in Ireland. West Life covered that song and a bunch of others.
- **What do you miss about Ireland?** I miss the unstable weather. An umbrella is useless in Ireland. I miss the bus system in Ireland, and the Wi-Fi on buses. I miss the friends and family I made in Ireland. I miss the companions; there were eight companions in the house. They were such a joy.



Michael received his bachelor's degree in science at Simon Fraser University, and taught Biology, Chemistry, and Mathematics at the Vancouver Waldorf School for many years before heading to England. His family ended up staying in England for over twenty years, joining Ruskin Mill College, a Specialist College that is part of the Ruskin Mill Trust, which supports young adults with developmental differences and challenging behaviour through a range of traditional craft workshops, such as blacksmithing, jewelry making, basket weaving, felting and land work. Michael served as a teacher, mentor, and as a house parent (with Linda) for 3 years in a home with five young men.



Then, he accepted the request to take on the role of Educational Manager at Ruskin Mill for another three years, before becoming the principal for fifteen years.

During his time in England, Michael also somehow found time to complete his master's degree in business management (MBA) at Bath University.

Upon his departure from Ruskin Mill, Michael next shifted to a position as CEO of Sunfield School, which provides support for children and teens with autism, and then also as an interim principal of St. Christopher's special needs school.

Michael then moved to New York State in 2016 to take on the role of School Director at Hawthorne Valley Waldorf School until early 2020. Following this he worked on short projects as a consultant with Glenora Farm and our own Cascadia before he was hired to work as the part-time Managing Director at Cascadia

More generally, Michael and Linda Frosch have both been connected to our community since its inception back in the 1990s.

- **Do you play an instrument?** Yes. Recorder and melodeon ('box'). When I was in England, there were lots of box players, and I loved the sound of it. Since 2019, I've played the melodeon. I have been playing the recorder since 1986. As a teenager, I played piano pop/folk music. Then, when I got into classical music, I took up the silver flute and played for quite a few years. When I started to do Waldorf training, I took a real interest in baroque music and started playing recorders on and off for years. In England, I took up the saxophone and played for quite a few years and really enjoyed it. Then, I picked up the melodeon.
- **What do you do when you're not working?** So many things. I help to look after our grandsons (with Linda), play street hockey, and mini golf, (with grandsons), dance (with Linda) [Cuban salsa, Brazilian gafieira, and beginners' tango], go visit my elderly aunt. I also read a lot, attend study groups and meditation groups, and walk. I like to travel. I play music at home. I haven't crossed paths with anyone in Vancouver to play with yet, and I like singing when I get a chance.
- **Where is your last name from?** It's German and has a special meaning: 'Frog.'
- **Where are you from?** Vancouver – I was born in Vancouver General Hospital.
- **Do you like to cook?** Yes, and I like doing the dishes too.
- **Do you like to eat?** What do you like to eat? I do enjoy eating. I love avocados and salads. I enjoy eating vegetables and meat dishes. I really enjoy Italian; Mexican; French; Greek; Middle Eastern, and Thai food.
- **What is your favorite number?** 7. The number of best-known planets and the number of the most significant rhythm within human life.

Allison is one of those rare combinations of people who was actually born and raised in Vancouver. She grew up in the West End and has a Bachelor of Fine Arts from Emily Carr University of Art and Design.

When not in the Fibre Arts Workshop or Youth Group at Cascadia, Allison is also the Studio Manager at Dundarave Print Workshop and Gallery on Granville Island.



- **Do you like beans?** Depends on the type of bean.
- **Do you like movies?** Sci-fi movies.
- **Do you like to dance?** Yes, I like to dance.
- **Do you like books?** I like good books. My favourite book is Parable of a Sower by Octavia Butler.
- **Who inspires you?** Georgia O'Keeffe
- **What's your favourite plant?** Nasturtiums (orange flowers that you can eat)
- **Dogs or cats?** I like dogs better. I like that they are more cuddly usually. They like being around people.
- **What's your favourite colour?** Green



Our new community support assistant **Samuel** has come to us from Filder-Stadt, Germany through the organization Friends of Waldorf (Freunde). In September, Samuel will turn 19.

Samuel arrived in mid-August and will support Sophia House during his year with us. He wanted to come to Canada because he heard that the people were very nice and wanted to see for himself. He also heard that Vancouver is very nice.

During the last four years of school, Samuel served as a lighting technician for his school's theatre productions. He said that he enjoyed this role because he felt like he was part of a big family, although being part of a big family could sometimes lead to 'beef'.

Samuel has a large range of interests. He has been playing the guitar for the past seven or eight years, and the ukulele before that. He also enjoys archery, which he has been involved with for seven years, photography, reading, and basketball.

Samuel's favourite novels are fantasy series that are steeped in Greek and Irish mythology. One of which is called Skulduggery Pleasant. A tip that he shared with me is that the fairies of Irish and English folklore hate iron, and that a horseshoe is the best way to get rid of them.

In Samuel's application for Cascadia, he writes: "I am particularly fascinated by your anthroposophical approach, which focuses on the individuality and dignity of each person. During my three-week social internship in a refugee camp [in Stuttgart], I learned how important patience, respect, and a loving gaze toward others [is]. I was able to experience how valuable and formative intercultural exchange is."

Our new community support assistant **Lisa** harkens from Bühl, located in the Black Forest in South Germany. There is a lot of nature, there are rivers, and you can hike there. Lisa has come through Freunde and arrived on August 20th. She will be supporting Kaspar House during her year with us. Her ancestral roots are from both Ethiopia & Eritrea. At the age of 17, Lisa began her vocational training in the medical field, spending the first year and a half in pediatrics.

In the bio section of Lisa's application for Cascadia, she has written:

"As a child I sometimes experienced what it feels like to be a little different. My mother always encouraged me to see this not as something negative, but as something that makes people special. This perspective has shaped the way I see the world today and has taught me to approach others with understanding, openness, and respect."



- **Do you like to draw?** I like it but don't do it so often but think it's very good.
- **What kinds of things do you like?** I like theatre, books, and I really like movies, and music.
- **What kinds of music do you like?** I like a pretty good range. Taylor Swift, and ABBA, Ariana Grande, indie music, pop, and classical.
- **What kinds of movies do you like?** Thrillers, long movies, romantic movies, going to the cinema. Mamma Mia.
- **What kinds of books do you like?** Romance, fiction
- **Do you like sports?** I love going swimming and going for walks.
- **Do you have any pets?** I had two cats a long time ago. Cats are my favourite animals.
- **Why did you want to come to Vancouver?** I finished my exams and I always knew that I wanted to go away. My sister told me about an organization that I could be involved with, through the Freunde website, I saw the houses and the people, and I wanted to come.
- **How many siblings do you have?** I have three siblings; 2 older brothers, and one older sister.



Clara is from Germany, but this is not the first time she has been to Canada. In 2010, Clara was enrolled in an exchange program and spent the eleventh grade with a local family in Ladysmith on Vancouver Island. From that experience she knew that she wanted to return to the West Coast. While Clara was at Ladysmith Secondary School, she was able to take theatre, which is not offered as a school subject in Germany. In her youth, Clara wanted to be an actress.

Post-graduation, Clara also served as an assistant director for a theatre production, and has worked with children using improvisation to help them to realize their ideas.

When Clara speaks about theatre, she focuses on the community building aspect and says that there is no barrier or wall. Theatre engagement allows friendships to flourish that never would have otherwise.

Clara is also quite handy with a needle and thread. When she was 19 years old, she started to make her own dresses and had an apprenticeship as an assistant in clothing technological design. Due to ethical considerations, Clara opted to go in another direction.

Now, she is working on a master's degree in educational science and plans to focus on cultural education. To feed her creative spirit, Clara has become very involved in the local festivals. Earlier this summer, she volunteered with the Vancouver Jazz Festival, and in September she will be volunteering with the Vancouver Fringe Festival.

Born and raised in San Diego, California, **Francesca** moved to Montreal in 2021 to attend McGill University. After graduating with a bachelor's degree in Sociology, and a minor in Communications in 2025, Francesca decided to move to Vancouver. The decision was not difficult, as a large part of her squash community lives here already.

Francesca has been playing squash since starting college at the age of 18. She also loves volleyball, which she started playing when she was seven.

Francesca is planning to do her Masters in Physiotherapy in Canada. Francesca's path to physiotherapy was hard-won.

At the end of a National Squash Tournament held in Toronto, she injured her shoulder and had to put sports on a hiatus.

Through this experience, Francesca went to physiotherapy herself and discovered that she loved the environment. Luckily, she also really likes helping people and learning about how the body works.

The story gets happier because Francesca was able to play in the National Squash Tournament in Vancouver this year! When she's not playing sports, Francesca enjoys reading mystery novels and historical fiction. Her favourite song is Rocketman by Elton John.





Kris grew up in East Vancouver and attended Killarney High School. She received her Bachelor of Arts degree in Applied Psychology from Douglas College just this year, and will begin to pursue her Master's degree in the coming months.

Kris came into Psychology as an extension of her previous career as a hairstylist, when she ran her own salon called Dread Quarters on Commercial Drive for 10 years. Since she already would spend the whole day talking to people during 2-to-4-hour appointments, Kris would tend to get into deep conversations with her clients. This led her to embark on her studies in Psychology. She had originally been trying to get into studios with her photography but discovered that she actually really just liked cutting hair. She still has clients that she sees now for haircuts.

Her interests are chihuahuas, hiking, plants, foraging, and comic books. Saga is one of her favourite comic book series. In terms of movies, if Dirty Dancing ever comes on television, Kris will stop everything to sit down and watch it.

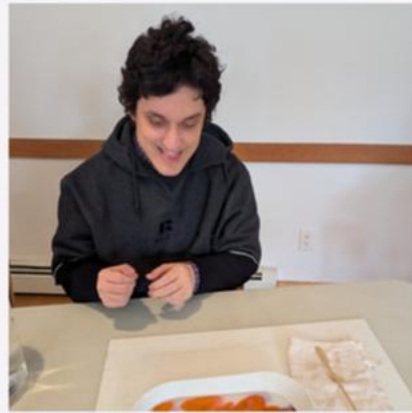
Her favourite kind of music is 1970s rock 'n roll.

Text compiled and edited from interviews by Megan Channell

Thank you !



COLLEGE - VORTEX



READING AND WRITING



GARDENERS



REVIEW OF 2025-2026 FROM BUSINESS ADMINISTRATOR

This fiscal year marked a meaningful return to Cascadia for me. After seven months away, I rejoined the organization in November, returning with a new perspective and a great deal to learn. During my absence, Amy and the team had taken on the significant task of preparing Cascadia for its CARF accreditation. Their hard work and dedication clearly paid off, as Cascadia was awarded a three-year accreditation, a wonderful achievement and a reflection to the commitment of the entire team to maintaining high standards of care and service.

When I returned, I had the opportunity to see Cascadia from a very different perspective. Having previously worked on the floor as a coworker alongside our companions, I was now stepping into the Business Administration role and learning about many of the operational aspects of the organization that I had not previously encountered. A very especial thank you to Amy, who generously spent some weekends training and preparing me for the transition, and to Liisi who quickly became an invaluable source of support as I familiarized myself with the many different facets of Cascadia.

One of my main areas of learning was bookkeeping. I completed several training sessions to develop my skills and become familiar with QuickBooks Online, preparing for the transition of our accounting responsibilities.

Following a successful fiscal year-end, we concluded our working relationship with Ledgers Online, who had managed Cascadia's books since 2023. As of April 1st, I took over the bookkeeping responsibilities internally. I am very happy to report that the transition has gone smoothly, and, perhaps most importantly, the numbers are matching!

This year also brought another important change to our leadership team. With Michael joining Cascadia in February, I can confidently say that we now have a strong leadership team that supports one another, shares responsibilities, and works together toward the continued growth and wellbeing of our organization.

Looking back on this year, I am grateful for the opportunity to return to Cascadia in a new capacity and to continue learning from the people around me.

Most of all, however, this year has brought me a great deal of happiness because I have been able to return to working with and for our companions, whom I care for so deeply. Being part of their lives and contributing to this community is something I value immensely. It has been a year of transition, growth, and new responsibilities, and I look forward to continuing to contribute to Cascadia's work and to strengthening the systems that support our community.

Sandra Reyes
Business Administrator

VANCOUVER WALDORF SCHOOL MAY FAIR



CHRISTMAS AT CASCADIA



REFLECTIONS FROM NEAR AND FAR

GRAHAM OSLUND: BRIDGET HOUSE – KEEPING THE HEARTH LIT FOR COMMUNITY LIVING

Bridget House as part of our community came into being in 1992 in the British Properties under the inspiration of St. Bridget, the guardian of the hearth. We were originally in British Properties as one of three homes in our fledgling community. A number of people still active in our community were with us at that time: Ruth and Graham Oslund (with their daughter Rosemary), Linda Lawrence, Joe Barker, and Cliff Dear. On February 2, 1997, we moved into 'new Bridget House' (as Linda called it) at 229 22 Street West. This was a few months after the Cascadia Day Program moved to its location on 1st Street East in Lower Lonsdale in 1996. For a time, in the early 2000's, Kaspar House was just across the street from Bridget.

It was an ideal location for Bridget's work; to nurture the souls living there at the end of the street beside Wagg Creek and under the grand old maple tree and towering cedars. Many volunteers stayed for a year of service and were enriched by the life lived there. Michael joined (2000) and later Raymond (2013).

We also came to know the neighbors, and they also knew us, and kept a friendly eye out for us. This was to come to the fore when Michael moved into the suite in Edward's Home 2 doors down the street in August 2018. After 4 years, he moved back into Bridget House in September 2022.

Linda had come into our community with supportive family who were grateful for her to be in an inclusive family, community home after long years in Woodlands (an institution for developmentally delayed individuals now closed and demolished) and a shorter time in a group home. Linda made major transitions in her years at Bridget House and was an 'exacting' teacher to many coworkers. She carried much trauma from her past and initially found it very difficult to let others be close to her. Jogging was discovered to be the secret sauce that turned her energy in a positive direction. Over time, Linda was able to let others be close and she enjoyed friendships.

Linda was an incredible artist and had much expression and pleasure through her spontaneous drawings; always with a shining sun and usually depicting friends and angels. Her weaving and cross-stitching were also notable.

Linda took everyone in the house as part of her family. One day I came home to find that Linda and Joey had gotten 'married' - both all dressed up together with her 'sister' (and my daughter) Rosemary.

Linda loved going out and chatting up folks and especially having a good chat with a friend. A favorite question was, "Are you perfect (purfect)?" The man in the lumber shop, after some hesitation, answered her, "Ya, we sell our lumber per feet."

Linda often told us that she would be the last person on Earth and that her Tato (father) would be the second last (I think that was to be able to take care of her). In our hearts we certainly hold her with us dearly to the end of the Earth.

Michael moved into Bridget House in 2000 after transitioning for some time as a respite place for his parents. Having a separate suite on the ground floor of Bridget House suited Michael very well as he was both integrated into the whole house and could have a separate space. Michael made great strides and learned how to share a home with others, and he taught coworkers life transformative lessons as well. The big breakthrough was when we discovered the therapy that invited him into his body and brought calmness and relaxation and allowed him to come into a deep sleep.

In October 2022, Ruth, Graham, Joe and Raymond moved to Sophia House at Cascadia and Linda and Michael stayed in Bridget House with house leaders and live-in support coworkers until the end of their lives in 2025.

Andrew, who joined the home in 2023, continued living in Bridget House yet it could not be sustained and with no one else stepping forward to support the home it was decided that Bridget House's work was complete and it closed its doors on June 16, 2026.

On June 16, 2026, Bridget House closed its doors after much water had flown past and lives lived within its walls. It was 'Fresh Veggies Day' so raise a celery stick or carrot and bite on a nutritious crunch in memory of Bridget House.



CARNIVAL



MEGAN CHANNELL: MICHAELIC YOUTH: CONNECTION, COURAGE, BELONGING - MAY 2026

In May 2026, with support from the Camphill Foundation, I was fortunate enough to have the opportunity to travel to East Sussex, England to attend the Mount Community's four-day Youth Conference: Michaelic Youth: Connection, Courage, Belonging. Young volunteers and older community members from Camphill Communities came in droves, along with representatives of organizations that work closely with Camphill and Waldorf initiatives, such as the German organization Friends of Waldorf Education (Freunde).

When The Mount, a Specialist Further Education College and integrated Camphill community, decided to lead the 2026 Youth Conference, there was no doubt about what they would take as a topic. The community has a very special relationship with the arch angel Michael. There is a stained-glass window of St. Michael in the chapel that dates back to the site's early days as a training centre for priests of the Rosminian Order. There is also a statue of St. Michael perched on top of the highest building, watching over the community, which has remained standing even after a big storm in 1987 threatened to knock him over.

Day 1

Shortly after our arrival, Henrie, who has been a coworker at the Mount since the founding of the community, took us on a tour of the estate. During our tour, Henrie told us that the community had been purchased from the Roman Catholic Church back in 1970. He showed us the four standing stones that represent the elements: fire, water, earth, and air, along with the trees surrounding them that represent the planets. He reminisced about the early days when everyone was involved in everything, regardless of which workshop they were a part of. He told us that they used to make cream cheese on site with pillowcases of sour milk from their cows but had to stop because how much cream cheese can you eat? Our tour had many stops. We visited the garden, the weavery, the bakery, the gym barn, passed through the houses, and followed a trail and set of stairs down to a large amphitheatre, overlooking a pond in the forest. As we looked around their pottery studio, Henrie emphasized the importance of play and experimentation, adding "Don't be afraid to make mistakes."

The attendees gathered in the chapel for an introduction to the community and the conference given by the planning committee. To begin, we were guided through a series of Hallelujahs in eurythmy. With so many people joined in silent concentration filling the space, the moment was powerful. After supper, we returned to the chapel to participate in a World Café. The space was dark, and there were little candles set up every few metres. We were directed to sit in a small group around one light, then, after a few moments of reflections on questions such as 'what brought you to the conference?'; 'what is a way to make meaningful connection a priority?' and 'when was the last time you were courageous?'; we got up and moved to a new light. A few group members came up with an answer to the question "What does bravery look like in 2026?" that has stuck with me: The ability to stand your ground in a sea of opinions, but also the ability to admit that you are wrong, as well as daring to hope and to dream.

Each morning, we met outside after breakfast to do some Tai Chi movements together. Then, we sang in rounds:

*Now I walk in beauty
Beauty is before me
Beauty is behind me
Above and below me*

We also sang a song with clapping rhythms that repeated "Mango, kiwi, banana." I cannot possibly explain how catchy this song is, but I am confident that it will stay with me for the rest of my days. My attempts to sing in rounds back in Canada had been mainly unsuccessful. Only through participating in this group singing have I started to realize their value. Singing in rounds forces you to tune into the people around you. If you are going to be successful, you need to pay attention to what the person on either side of you is doing. A strong sense of teamwork was fostered during these moments each morning.

Day 2

On the Friday morning, Jan Goeschel, the President of the Camphill Academy, gave a talk centred around how we experience the gestures of Michael and the dragon in 2026. The crux of the speech for me was that, with increased systems in place designed to safeguard organizations and protect individuals, we are seeing decreased risk but also decreased empathy. No one wants to be held accountable for an error, so we tend to hide behind rules, but there can be no agency without accountability. This also inhibits our ability to see each other as unique, or even as human. When we actually do have the courage to connect with each other, we are able to participate in a state of co-transformation where each leaves the experience changed.

After the talk, I joined a two-part conversation group called 'Exploring the Potential of the New Generation of Camphillers Joining our Communities,' which was guided by Floris, a co-worker from The Mount. The first day focused primarily on the question: What role can technology play in daily routines and rhythms in a Social Therapeutic Environment? How can we include the strengths of this new generation in our communities?' The benefits of technology that we came up with included forming a WhatsApp group to connect with one another and to help share information. We recognized that checking the time can inadvertently distract coworkers. To help to resolve this, group members recommended installing a screen saver on their cellphone and setting their notifications intentionally. In the afternoon, I headed to the herb garden to help with its restoration.

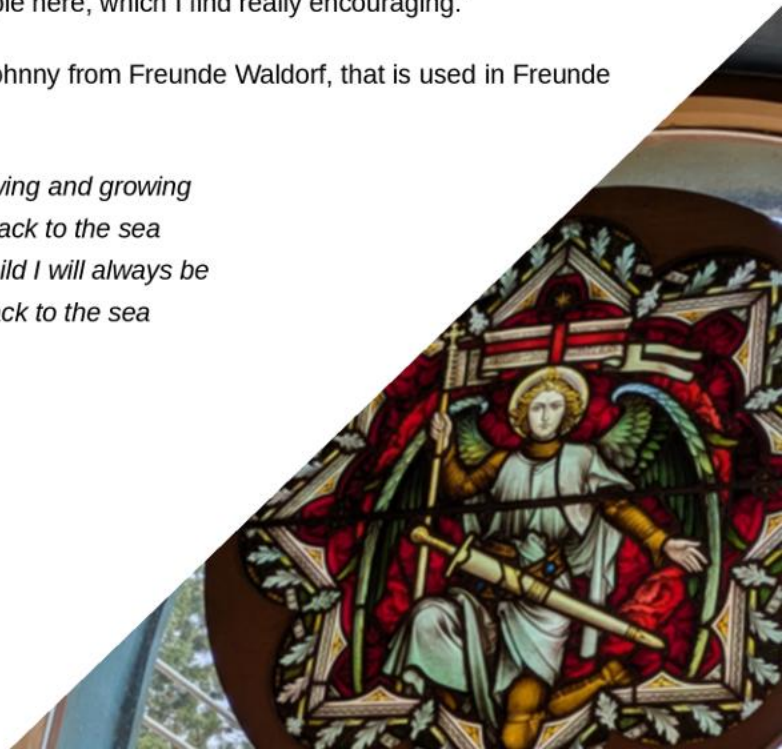
Everyone had been asked to contribute bits and pieces from the places they were coming from for the World Foods Supper on Friday evening. Afterwards, there was an Ideas Bazaar. Nikitha from Camphill Village Copake in New York brought a plea to help spread awareness about the volunteer shortage impacting many Camphill communities in the United States; instead of expecting 30 volunteers, Copake was slated at that time to have only seven volunteers arriving in the autumn. Only 25 volunteers would be arriving through Freunde, instead of the anticipated 70 that came in prior years. Some contributing factors to this shortage, according to the discussion that followed, and which Nikitha succinctly reflected, are "visa restrictions, the war, and the changing perception of the United States." Less people from outside of the U.S. are willing or able to apply to volunteer at Camphill Communities within the U.S. To combat the shortage of volunteers, Copake has made their houses their priority, as they are still uncertain about the number of people that will be able to support their workshops and other activities.

Nikitha can see a bright side to this situation as well, however:

"At the same time, I feel Copake has been finding creative solutions to these challenges. For example, one idea is to hold community lunches on certain days so individual houses do not have to cook separately. Many similar ideas seem to be emerging from the amazing group of people here, which I find really encouraging."

We sang some songs; one from Norway, and one led by Johnny from Freunde Waldorf, that is used in Freunde seminars with volunteers:

*The river is flowing, flowing and growing
The river is flowing back to the sea
Mother carry me, your child I will always be
Mother, carry me back to the sea*



Day 3

Georgina from Sturts Community Trust, based in Dorset, England, gave a rousing speech on Saturday morning. She stated that the starting place for the original group of Camphillers was a shared strong connection with nature. They had a task. Koenig and the other Camphillers had decided to be a counter force to evil by helping the most vulnerable people at the same time that people were largely being exterminated for their imperfections. Georgina shared that she had left the field of nursing to come to Camphill 35 years ago. She advised us: "Each day, bring humour, joy, and the willingness to meet each other," and ended by asking us to identify our task. Georgina expressed her confidence in the new generation, acknowledging that young people ask a lot of questions, which, while sometimes irritating, is increasingly important.

After the talk, I headed to the garden where Dan, the Garden Classroom coworker, led us through some Goethian observation sketches of plants, animals, and a partner's hand.

This was the second day of my conversation group, and we talked more broadly about the current volunteer experience in different communities, and about ways to bridge the gap between the original Camphillers and the new generation. A key suggestion given was to offer more explanations about why things are done in a certain way because, especially for younger people, the reason behind things is important. Some frustration was brought forward about the 'in the good old days' speech, because we are now living in different times. I was deeply impressed by the commitment to the life-sharing ethos, and the ability of the other participants, mainly in their 20s, to articulate the inherent challenges so thoughtfully. A highlight from our dialogue was a reminder brought by a student in the Camphill Academy to build in spaces during the day when you do not have stimulus because boredom is valuable and, due to its nature, technology cannot replace stillness. Another resonant takeaway was the shared desire expressed to be in a group of people that works to lift one another up.

Before supper, I returned to the Garden Classroom where we planted seedlings and watered a designated bed in pairs, then we joined together in a group to reflect on the sketches we had made in the morning.

Day 4

Sunday morning after breakfast, I attended an Offering Service in the chapel. There was a surprise vignette performance from the "Enabling Courage" conversation group later on, which consisted of group members wearing masks signifying different emotions taking turns sitting on a bench.



Then, we all filled the seats of the ampitheatre. Caitlin, a house coordinator and member of the planning committee of the Mount, began a closing reflection on the stage of the ampitheatre, which many attendees helped to shape by sharing their experiences in the community projects and conversation groups from the past four days. Caitlin spoke about how simply being yourself can be a courageous act, and how necessary it is to develop trust within yourself. Louise from the Gesture, Stories & Conversation (Radical Belonging: Forging the Courage to Connect) Workshop spoke about how a gesture can really change how you speak, hold yourself, and come across to others. We closed with a series of Hallelujahs.

RUTH OSLUND: NUTRITION

In recent years, grand steps have been made in our approach to nutrition. And nutrition in context of our homes is important for me - for us.

As a nutrition major at the University of Manitoba, I have seen the medical drama of nutrition as well as daily social living nutrition. One is tempted to say that your food is like medicine; at the University of Manitoba, I worked in laboratory, studying the effects of different fats in the diet on the liver. The visible changes in the size, colour and texture of these livers were startling! So, its not just food! Socially, I visited chronic heart patients to query how they were managing their special diets. In our homes, I met less dramatic conditions, however I have continually referred to my training in foods and nutrition.

Food shopping today is interesting! I have not mastered all aspects of eating and cooking – each mouthful is so personal. I am glad to support the *eat local* movement because this seems to have the sub-text 'eat vegetables!'. Vegetables are a vital part of good nutrition.

Another slogan is '*Eat food, Eat green*'. So, we read food labels asking ourselves: '*What's in this? Where is it coming from?*'. Local food connects us to our land, as well as ensuring food security.

In recent years the Canada Food Guide has made great steps in supporting eating. I recommend looking into the latest Canada Food Guide. Online there is a long version which is important for us.

Happy cooking, enjoy all the flavors, feel nourished each day.

FIBER ARTS



EASTER



COWORKER SURVEY 2025 – AT A GLANCE

The 2025 Coworker Survey paints a clear and inspiring picture of Cascadia: a community rooted in creativity, compassion, and shared purpose. Coworkers consistently describe Cascadia as more than a workplace — it is a life-sharing community, a place where meaningful relationships, artistic activity, and human dignity guide everyday life.

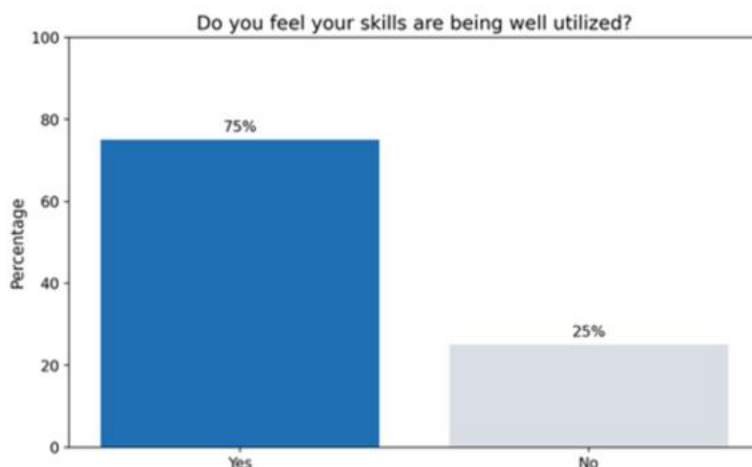
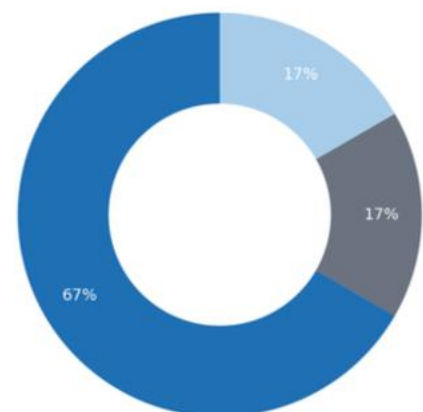
**"IT FELT LIKE A CAMPHILL COMMUNITY THE
MOMENT I WALKED IN — COMFORTING
AND FAMILIAR."**

**"LEADERSHIP IS BALANCED, WISE,
AND CREATES A GOOD WORKPLACE."**

**"BEING PART OF A COMPANION'S LIFE, EVEN
BRIEFLY, IS THE MOST MEANINGFUL PART OF
MY DAY."**

The 2025 Coworker Survey highlights a strong sense of pride, belonging, and shared purpose at Cascadia. Coworkers consistently describe the community as warm, creative, and human-centered, with many drawn to Cascadia's Camphill-inspired values, its artistic and therapeutic environment, and the meaningful relationships formed with companions. The majority of respondents feel supported and engaged in their roles: 66.7% see themselves continuing at Cascadia in five years, 75% feel their skills are well utilized, and 75% are satisfied with their work-life balance.

Do you see yourself here in 5 years?



CHALLENGES

Communication
Role clarity
Structure & workload balance

STRENGTHS

Community
Creativity
Supportive leadership

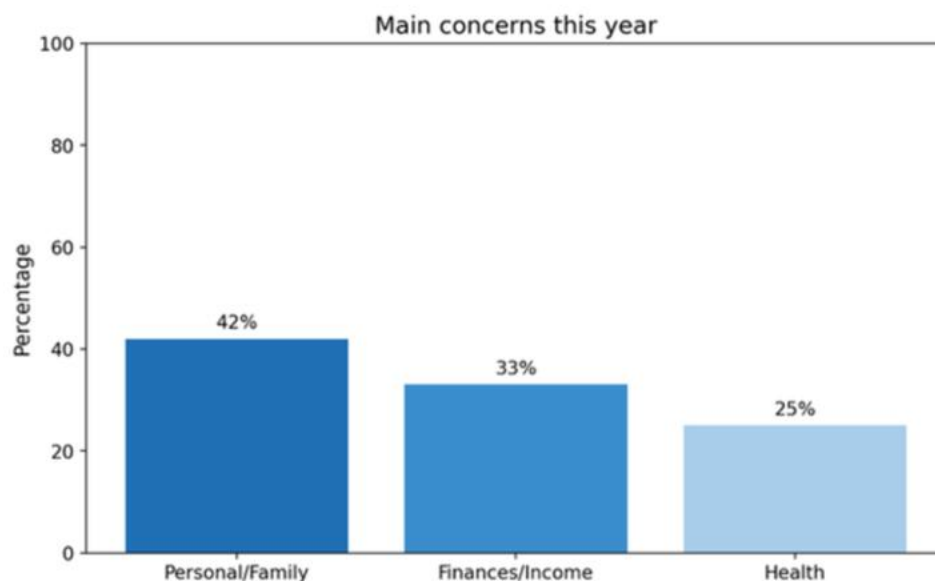
NEEDS/REQUESTS

Better onboarding
More training
Growth opportunities
Slight pay improvements
More team-building

Coworkers find the most fulfillment in creative collaboration, witnessing growth in companions, and contributing to a community that values compassion and purpose. Leadership is widely described as balanced, kind, and respectful, fostering trust and psychological safety.

At the same time, the survey identified areas where coworkers hope to see growth. These include clearer communication and role expectations, more structured onboarding and training, and improved pathways for professional and financial sustainability. Challenges such as interpersonal friction, uneven workload distribution, and occasional burnout were noted. Personal concerns this year centered around family responsibilities (42%), financial stress (33%), and health (25%).

Overall, the survey affirms Cascadia's greatest strengths—its community, creativity, and supportive culture—while offering clear guidance for future development.



UPDATE FROM HEALTH AND SAFETY COMMITTEE

Over the past year, the Health & Safety Committee prioritized keeping the Cascadia community protected, supported, and well-prepared—fostering not just physical safety, but emotional and mental wellness too. A major highlight was updating core training to best serve our community.

Our in-house instructor recertified under Mandt 3.0—our primary safety and de-escalation curriculum—and online student portals were introduced so coworkers can engage in quick skill refreshers between formal certifications. BrightSafe, an online e-Learning platform, was also brought in to help coworkers complete routine safety courses efficiently.

On the operations side, the committee successfully navigated the CARF accreditation process and worked with Peninsula, an external health and safety consultancy, to ensure spaces remain safe and comfortable for companions year-round. Maintaining a strong, active committee was another key achievement. To foster better engagement across the board, a central bulletin board was set up, a comment box was opened, an open invitation was extended for anyone to drop into meetings, and practical safety topics were introduced at monthly all-coworker gatherings.

Emergency preparedness was another area of meaningful progress for coworkers and companions alike. Building on an earlier interactive learning session designed to help companions feel empowered, calm, and fully included, the Society later registered for and participated in ShakeOutBC for the first time during the province-wide earthquake drill.

Looking ahead, the committee is excited to keep building on this momentum, nurturing a warm and supportive culture where the health, safety, and happiness of our community stays at the heart of everything we do.

Jenna Theny
Health & Safety Committee Chair

CANDLEMAS



ASCENSION



TREASURER'S REPORT

Year in Review

It is with a great sense of satisfaction—and considerable relief—that I present the financial results for the 2025–2026 fiscal year. It has been a challenging period, marked by several significant and difficult events, some of which had negative financial consequences. Thankfully, Cascadia Society was able to weather these challenges and remain steadfast in its commitment to life sharing through both our community inclusion and residential programs.

While there remains considerable work to be done and important decisions to be made, we have succeeded in achieving a meaningful degree of both financial and organizational stability. This is an accomplishment worth recognizing, particularly in light of the challenges we have faced over the past year. It reflects the resilience of Cascadia Society and the dedication of those who continue to support its mission and the people we serve.

Financial Results

For the 2024–2025 fiscal year, the Statement of Operations shows a net excess of revenues over expenses of **\$46,633**. The primary reason for this positive result was a generous donation from the family of a former companion. Savings in various program expenses, together with higher investment revenues, further contributed to the favourable outcome.

On the other hand, revenues were negatively affected by a **\$101,415 reduction in contract revenue from CLBC**. This amount includes repayments to CLBC related to service hours from the current fiscal year, as well as the loss of two companions.

The Statement of Financial Position shows a decline in the book value of capital assets, primarily as a result of the amortization of the buildings. This reduction is not a cause for concern, as the market value of Cascadia's real estate holdings is significantly higher than their book value, having appreciated considerably since their acquisition.

Current liabilities were also reduced through the repayment of **\$115,890 to CLBC**, relating to funding reconciliations from prior years. This is an important and positive development, as the organization's ability to meet its financial obligations and reduce its outstanding liabilities is a clear indication of its financial stability and responsible financial management.

Financial Assessment

Cascadia Society remains financially stable, supported by a robust capital base, prudent financial management, and strong operational oversight from our leadership team and Board of Directors. This stability provides us with a solid foundation from which to respond to the challenges facing the organization and to continue delivering high-quality services to the people and families we support.

At the same time, we must recognize that our financial position remains vulnerable to factors beyond our control. In particular, the ongoing limitations in CLBC funding and the uncertainty surrounding its funding policies continue to place significant pressure on our operations. These constraints do not adequately reflect the value of Cascadia Society's contribution to the community, nor the true cost of providing the individualized, relationship-based support that is central to our mission.

The revenue losses experienced during the past fiscal year make it clear that we cannot rely solely on traditional sources of funding. Moving forward, we will need to make thoughtful adjustments to our operational model, identify opportunities to improve efficiency, strengthen Cascadia's visibility and presence in the broader community, and actively pursue new and diversified sources of revenue.

These changes will require careful planning and, in some cases, difficult decisions. However, they also present an opportunity to strengthen the organization for the long term. By building on our existing strengths, increasing community engagement, developing new partnerships, and diversifying our revenue base, we can enhance Cascadia's financial resilience while remaining firmly committed to our mission and the principles of life sharing and community inclusion that have guided the organization for decades.

Our objective is not simply to manage the challenges before us, but to position Cascadia Society for a sustainable and vibrant future.

Thanks and Acknowledgements

I would like to extend my sincere gratitude to the many individuals who make my work possible:

- Our dedicated staff and volunteers for their unwavering commitment to our mission.
- Our Board of Directors for their strategic insight and responsible stewardship.
- Our funding partners, whose ongoing support is vital.
- And our community members and families, who continue to inspire our work each day.

Respectfully submitted,
Marisol Grossling, BAccS, CPA, CGA
Treasurer

Drawing by Michael Pallant



THE CASCADIA SOCIETY FOR SOCIAL WORKING

Statement of Financial Position

March 31, 2026

	2026	2025
ASSETS		
CURRENT		
Cash	\$ 529,852	\$ 329,258
Term deposits (Note 3)	124,696	332,015
Restricted cash and term deposits (Note 4)	212,072	194,770
Government remittances receivable	4,798	11,060
Prepaid expenses	861	1,281
	<u>872,279</u>	<u>868,384</u>
CAPITAL ASSETS (Note 5)	<u>2,531,304</u>	<u>2,591,608</u>
	<u>\$ 3,403,583</u>	<u>\$ 3,459,992</u>
LIABILITIES AND NET ASSETS		
CURRENT		
Accounts payable and accrued liabilities (Note 8)	\$ 56,915	\$ 89,119
Accrued interest payable	3,845	4,264
Current portion of long term debt (Note 7)	71,004	54,476
	<u>131,764</u>	<u>147,859</u>
LONG TERM DEBT (Note 7)	<u>1,434,013</u>	<u>1,518,780</u>
	<u>1,565,777</u>	<u>1,666,639</u>
NET ASSETS		
Unrestricted net assets	603,292	584,495
Internally restricted (Note 4)	212,072	194,770
Net assets invested in capital assets	1,022,442	1,014,088
	<u>1,837,806</u>	<u>1,793,353</u>
	<u>\$ 3,403,583</u>	<u>\$ 3,459,992</u>

ON BEHALF OF THE BOARD

Marisol Grossling

Amy Chang

THE CASCADIA SOCIETY FOR SOCIAL WORKING

Statement of Cash Flows

Year Ended March 31, 2026

	2026	2025
OPERATING ACTIVITIES		
Excess of revenues over expenses	\$ 44,453	\$ 43,575
Item not affecting cash:		
Amortization of capital assets	60,305	68,172
	<u>104,758</u>	<u>111,747</u>
Changes in non-cash working capital:		
Accounts receivable	-	8,899
Accounts payable and accrued liabilities	(32,204)	(54,791)
Prepaid expenses	420	(1,281)
Government remittances	6,262	(6,874)
Accrued interest payable	(419)	131
	<u>(25,941)</u>	<u>(53,916)</u>
Cash flow from operating activities	<u>78,817</u>	<u>57,831</u>
INVESTING ACTIVITIES		
Purchase of capital assets	-	(15,998)
Restricted cash and term deposits	(17,303)	(17,930)
Cash flow used by investing activities	<u>(17,303)</u>	<u>(33,928)</u>
FINANCING ACTIVITY		
Repayment of long term debt	(68,239)	(65,260)
DECREASE IN CASH FLOW	<u>(6,725)</u>	<u>(41,357)</u>
Cash - beginning of year	<u>661,273</u>	<u>702,630</u>
CASH - END OF YEAR	<u>\$ 654,548</u>	<u>\$ 661,273</u>
CASH CONSISTS OF:		
Cash	\$ 529,852	\$ 329,258
Term deposits	<u>124,696</u>	<u>332,015</u>
	<u>\$ 654,548</u>	<u>\$ 661,273</u>

THE CASCADIA SOCIETY FOR SOCIAL WORKING
Statement of Changes in Net Assets
Year Ended March 31, 2026

	Unrestricted Net Assets	Internally Restricted	Net Assets Invested in Capital Assets	2026	2025
NET ASSETS - BEGINNING OF YEAR	\$ 584,495	\$ 194,770	\$ 1,014,088	\$ 1,793,353	\$ 1,749,778
Excess (deficiency) of revenue over expenses	99,456	5,302	(60,305)	44,453	43,575
Investment in capital assets	(68,659)	-	68,659	-	-
Internally imposed restrictions (Note 4)	(12,000)	12,000	-	-	-
NET ASSETS - END OF YEAR	\$ 603,292	\$ 212,072	\$ 1,022,442	\$ 1,837,806	\$ 1,793,353

THE CASCADIA SOCIETY FOR SOCIAL WORKING

**Statement of Operations
Year Ended March 31, 2026**

	2026	2025
REVENUES		
Day program (Note 8)	\$ 854,618	\$ 960,807
Residential contracts (Note 8)	240,564	280,065
Permissive property tax exemption (CNV) (Note 8)	25,221	25,310
	<u>1,120,403</u>	<u>1,266,182</u>
Residential properties	106,664	110,829
Contributions	135,629	26,636
Interest	23,590	18,754
Day program	13,141	25,341
Other grants	539	2,756
Fundraising	20	-
	<u>1,399,986</u>	<u>1,450,498</u>
EXPENSES		
Day program - direct costs	703,051	685,243
Administration - all programs and properties	223,110	223,937
Residential contracts - direct costs	182,032	206,696
Properties (Note 4)	129,762	160,949
Amortization of capital assets	60,305	68,172
Properties - mortgage interest	57,273	61,671
Miscellaneous	-	255
	<u>1,355,533</u>	<u>1,406,923</u>
EXCESS OF REVENUES OVER EXPENSES	<u>\$ 44,453</u>	<u>\$ 43,575</u>



THANK YOU!

BOARD OF DIRECTORS

Amy Chang, *president*

Marisol Grossling, *treasurer*

Angela Trudeau

Devon Whyte

Jason Yates

Martha Muller



The Cascadia Society has been accredited by CARF for the following programs:
Community Integration, and
Host Family Services



The Cascadia Society is a
Camphill Community and a
member of the Camphill
Association of North
America