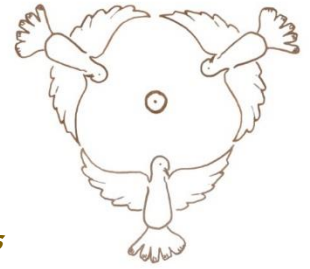


Harom Galamb Newsletter

Spring 2023



Enriching lives, Unfolding Potential, Becoming Active Citizens

Thank you to everyone who donated money to our Community over the Christmas and New Year period; it was heart-warming to receive such support and it has enabled us to move forward into 2023 with confidence. Our need for support seems to be never ending and any additional help will be gratefully received; you can donate either a one-off or monthly amount through Donorbox on our website. *Zsuzsa*, Project leader.

We started the New Year with a new addition to the Community when, following some visits, Enikő joined us and she adds new colour to our Community, Enikő enjoys good company, conversations, friends and being engaged with valuable tasks. She is the oldest of our young adults and brings humour and laughter to our lives.



Our main activity on Mondays is baking; it involves buying the ingredients, measuring and preparing the dough until we get to the point where we take our newly baked fragrant hot cakes out of the oven. We measure, knead, cut, shape, brush, spray, pack, count, categorize, and more. In the end we taste a sample for quality control, and all being well are satisfied with our work! We bake a lot of different kinds of bread, cakes and biscuits, and now we are starting a new baking project.

Tuesdays are centred around the activity of weaving and in the New Year we welcomed our young adults back after the holidays with new colours to work with. Some are learning basic skills while others are well into the complexities of weaving for example changing the shaft and pushing the shuttle through, ... tasks that sound so simple but ones which require fine motor skills, concentration, coordination, and precision. This old, traditional handcraft is an incredibly rich, nourishing therapeutic activity and we just love our weaving day.



Early in March, volunteers from the Youth Association from Transylvania (thank you!) joined us and started the spring work in our garden. They helped to prepare the greenhouse so that soon our young adults can see the seeds and seedlings we planted and learn to care for them. Following this, they also helped us to prepare the cold frames ready for planting.



We enjoyed a lovely boisterous Carnival to the delight of the young adults of the Gondviselés Aid Organization and the Centre for Placement for Children with Severe Disabilities who joined us for the festivities. We had fun dancing and playing various ball games in a fantastic atmosphere. It was a pleasure to be together again with all these lovely young people.

While we love to use our 'Little Blue House', we are growing in numbers as more people come to join us. Therefore we are glad that the renovation of the old Cantor House of Kisgalambfalva which has been under way for some time, will allow us to soon transfer our activities and programs there, and give us more space. We have renovated two large rooms, bathrooms and a spacious yard and look forward to seeing this space come alive.

The Cantor House is located at walking distance from Harom Galamb, which allows us an opportunity to walk between our baking-cooking, weaving activities and garden work, and supports us being further immersed into the life of the local village.

In the meantime, we have received kind donations and offers of a stove, fridge, furniture, materials for a kitchen corner, rugs and cleaning equipment.

Thank you very much for these and for all the voluntary, selfless work which really helped us.

We are still accepting donations (both material donations and financial support) for the following items:

Laying the 12-metre pavement: materials and manpower

Two energy saving radiators while our central heating is being installed.

We would like to express our gratitude to the Reformed Church Community of Kisgalambfalva for allowing us to use the building and for supporting us in our building work.



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