

Innisfree

VILLAGE VOICE
SUMMER 2022

Innisfree and Beyond

Part of Innisfree's mission is to encourage all community members to explore and contribute to a meaningful and challenging life. For this newsletter, we invited community members to share experiences and friendships beyond their daily village routines that have enriched their Innisfree experience.

My Personal Project at Innisfree

by Sebastian Raeber

Before I came to Innisfree I was working as a carpenter in Switzerland. I had my own small hobby shop in my parents' garage where I worked on small projects together with my brother.

So my excitement was great when I learned that I would have access to a fully equipped woodshop to work on projects. I made a few things for new Laurel, like a small bench, a shoe rack and a cup holder for the dining table. But my biggest project was building my first electric guitar.

I started playing guitar when I was 11 years old and as soon as I started woodworking I always



One of Sebastian's greatest gifts to the Village during his year was leading Friday night jam sessions at Sunflower.



wanted to build a guitar. I tinkered around on some guitars before, but never attempted to build one. So I decided to build my first one in Innisfree.

I decided to build a classic stratocaster for my first piece and ordered a router template online. Luckily the woodshop had most of the tools that I needed, so I only had to order some special tools that would make my life easier.

There was a beautiful piece of ash standing in the woodshop that was perfect for the body. Maple for the neck was there as well. The wood for the fretboard (rosewood) was ordered online.

I had a pretty good idea how to approach the project, and living in the age of the internet looking up instructions makes life easier. But it was still a challenge. A lot of it was also trial and error. For example, I messed up my first neck and had to start a new one from scratch. But still with all the challenges it was absolutely worth it. I had a lot of fun making it. I won't go into every detail of how I made it, but I will list the specs of the guitar.

Body: Ash
Neck: Maple
Fretboard: Rosewood
Frets: 22xjumbo
Pickups: HSS Dragonfire
Switch: 5 way pickup switch
Color: Burned Red
Finish Body: Wipe-on poly
Finish Neck: Oil
Neck construction: Bolt on
Tuners: Locking tuners

This was a really fun project for me and I want to thank Innisfree for providing tools and materials to make this happen!



Some of the many delectable breads Roxanna learned to make at King Arthur

Together We Can Bake It!

by Roxanna Couick

Recently I had the opportunity to take a baking class at King Arthur Baking Company in Norwich, Vermont. It was a wonderful experience: seeing their bakery, learning new techniques and recipes,

and connecting with the other bakers. The class was called, "3 Doughs, 30 Products." We definitely made 30 different products from the 3 doughs and came up with more ideas as the class progressed. We learned about sour-dough, ciabatta, and brioche doughs and the variations that can come from them.

Some of the things I was already familiar with but I didn't have a wide range of knowledge about them. I was able to talk with the other bakers and the instructor about how to integrate it into the village bakery. Before coming to Innisfree I did a lot of at-home baking and hadn't yet grasped baker's math when increasing a recipe. During the



class we took an in-depth look at baker's math so it was great to have my questions answered and fully understand how to calculate recipes accurately.

I also came back with friendships from across the US and Canada! To my surprise there is a bakery in Canada called, "Do Good Donuts", a non-profit that bakes and sells donuts to markets, employing individuals with disabilities and providing additional training for future jobs in the community. The owner, Melanie Cote, and I talked everyday after class; it was great to have that connection with someone who has similar goals and interests.

It was a wonderful experience and I would recommend it to anyone that is interested in baking whether for at home or in your

business. King Arthur classes range from family friendly to professional level with in-person and virtual classes. I am thankful for the opportunity to learn more about breadmaking and to look outside of the box for innovative ideas for the future of Innisfree. Together we can bake it!



Roxanna picks fresh cherries for a special treat. The Village always looks forward to the bakery's Friday creations.



The Great Drive

There and Back

by Erin Badough

A few months ago, I completed my duties as volunteer caregiver at Halcyon House. I was seeking a new path forward within Innisfree, and as luck would have it, a role in the Herb Garden became available and was offered to me. I was looking forward to assisting in the Herb Garden for the growing season, but I first wanted to have some time to relax and recuperate.

For some reason I decided a “relaxing time” should involve my first ever solo cross-country road trip. I loaded up my car and headed west to British Columbia, Canada, where I planned on spending two months before returning to Virginia to become the new Herb Garden Assistant.



Counsel Bluffs, Iowa

In BC, I spent my time gardening, painting, cooking, baking, and helping out the couple with whom I stayed with their day program for adults with dementia. I had a great time singing and chatting with the program attendees as well as preparing them delicious food to enjoy each week! My last week I visited an old friend on Vancouver Island (my first time driving my car onto a ferry!), and then I began the long drive back east to Virginia.

I knew I needed to adopt a slower pace for my drive back. This time, I took a more scenic drive. I followed the US/Canada border east until I was north of Idaho. This stretch of highway is full of beautiful scenery and parks. I returned to the US in Idaho, near Bonner's Ferry, on my birthday! I continued east to visit Glacier National Park. The park was not



Erin at
Hocking Hills
State Park

completely open yet, but there were many beautiful trails, mountains, and rivers to enjoy on the western side.

I scheduled in a long drive crossing through Fargo and Minneapolis/St Paul to central

Wisconsin. Somehow, I survived a very hot and highly trafficked day through Milwaukee and Chicago and enjoyed a beautiful sunrise on Lake Michigan. From there, I headed southeast through Columbus, OH, to the hidden gem of Hocking Hills State Park). The trails were



Snoqualmie Falls in Washington State,
Fall City Washington



Indiana Dunes National Park



not too challenging, the waterfalls were refreshing, and a welcome surprise for me was finding the John Glenn Astronomy Park! I continued the next day through West Virginia and Virginia uneventfully to arrive back at Innisfree Village exactly as planned, in time to unpack and prepare for my new job as Herb Garden Assistant!

It's been about a month since I've returned, and I'm enjoying my new role in the Village immensely.

Glacier National Park

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a newsletter of
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Paul and JC

Paul and JC have been working together for more than two decades cleaning stalls and taking care of the animals at Fried Farm, right next door to Innisfree.

I've been friends with Paul for 21 years, and we work together at the Fried Farm 2 days a week. He's a joy to be around. We clean horse stalls, laugh, and joke.

— JC Shifflett, Caretaker at Fried Farm



JC and Paul, ready for work about 20 years ago and today.



I really like him when we work together ... and we've been best friends for a very long time. We clean stalls... He's a very nice young man. He's very sweet and very nice to me.

— Paul



Innisfree athletes and volunteers had a great time meeting up with Barbara and Adam Fried and Special Olympics Area 3 Coordinator Rose Ann Gamma for a celebratory dinner at the games.

USA Games Special Olympics!!

by Carol Evans

The 2022 USA Games was in Orlando, Florida for the first time on June 5-11, 2022 and Innisfree was well represented. We were among the 5,500 + athletes: Jon Fried and Chris Raupp participated in tennis and won the gold in doubles! We were among the 125,000+ family and friends. The Raupp and Fried families were on hand at the Tennis tournament and Corinne, Chris G, Semih and Carol held two roles: friends/fans and four of the 10,000+ Volunteers.

It was my first time at USA games and I was inspired by the Athlete's oath: "Let me win and if I can not win, let me be brave in the attempt." My version is, "If we can't compete as athletes or coaches, then let me serve those athletes and coaches by volunteering."

Our Bocce team members did a great job

switching from athletes and coaches to tournament volunteers. They did a great job on the courts as assistant judges and scorekeepers and helped the games go smoothly, and we got to watch a lot of exciting matches. Corinne worked the color paddles indicating who was next to throw, which was very important to our first players who were hearing impaired and really relied on Corinne. Chris reset the balls after each set, which kept the games moving quickly, and since each game is only 30 minutes, every throw counts. Semih did a bit of everything, and was especially valuable to the judges when a measurement was required, since a difference of 1 or 2 points could change the course of the game.

We also had a wonderful opportunity to watch other great competitions at the ESPN Wide World of Sports Center: flag football, gymnastics, powerlifting, cheerleading, soccer, and track and field. It was great to be surrounded by so many wonderful athletes, families and fans.



Chris shows off his smooth swing during warm-ups before the big tennis match.



Chris Raupp and Jon Fried proudly display their USA Games gold medals from the top division of tennis doubles competition.

It's always so uplifting to see everyone cheering the love of sport and the spirit of life!

I hope to continue participating as much as I can — and get even more family and friends to go to Minnesota 2026!



Jon waves to the crowd as he enters with the Virginia delegation during the opening ceremonies.



Semih and Corinne are all smiles at the opening ceremonies.

One benefit of their flight getting moved up by a day was that our volunteer crew had an extra day for some hiking and canoeing before the games started.



Chris, Semih, and Corinne take a break from their bocce volunteer duties to catch some of the competition at ESPN Wide World of Sports.



Chris, Corinne, Carol, and Semih ready for a busy day of work on the bocce courts



Chris and Semih help to ready the court for another round of competition.

