



Dear Readers,

„Mozart in the Desert“ would be a suitable title for this issue as SEKEM's amateur orchestra celebrated the Austrian composer's 250th birthday with a concert. The sonatas, arias and other music presented, as reported in this issue, were greatly enjoyed by the audience. The event was open to employees of SEKEM and to the public.

One might assume it would be a challenge to introduce a composer like Mozart to an Egyptian audience with a very different cultural background. On the contrary „Music unites people“. For a number of years, SEKEM has presented to its employees and to the public the work of this great composer and other artists, as well as that of poets and intellectuals from East and West - and with great success!

The concert marking the anniversary of Mozart's birthday and all the other artistic performances held at SEKEM augment the material aspect of development aid with the more important aspect of humane, cultural and social development. For almost 30 years SEKEM has been doing this not only within the initiative and for its employees, but also to the general public. The growing interest and the readiness for intercultural encounters, which become a normal aspect of these performances, are also expressions of the success of the SEKEM idea.

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New Approach for the Music Lessons in the SEKEM School



On May 10th, 2006, the annual music performance of the pupils of the SEKEM school took place. 54 children from classes 2 through 10 demonstrated their skills to the public audience, among them their parents, of course. Violins, celli, flutes and recorders from soprano to tenor recorder were heard as well as trumpets and the piano.

In the last months there was a busy „flow“ of new students to the music lessons from the younger classes. Even some of the Chamomile children started practising the recorder and were among those who performed on stage. The music lessons for the first

grades are done without any written music now. Violin and Cello is taught according to the Suzuki method. The teachers aim at a rapid success for the children, which makes practising more fun to them. For many years Mrs. Liliane Christen has put all her efforts in the violin classes. This year Mr. Constantin Court, who also runs the curative care classes, joined her with recorder lessons. Trumpet teacher Mr. Mohamed Abdel Azim comes regularly from the next town Belbes and Mr. Basim from Cairo teaches the Cello and double bass.

Angela Hofmann



First Anthroposophical Medicine Seminar for Medical Doctors

In March 2006 the first seminar on anthroposophical medicine was conducted in SEKEM. For many years up to 19 medical doctors have worked at the Medical Centre in SEKEM and there was a need to offer to them the opportunity to engage more deeply into the deeper aspects of anthroposophical medicine.

After preparations by Dr. Hans Werner and Dr. Danielle Lemann, the seminar was conducted over 4 afternoons in the SEKEM academy. Apart from the medical doctors from the Hospital, three doctors from the SEKEM academy participated. The medical doctors Hans Werner, Hansueli Albonico, Andreas Fried and Prof. Wolfgang Schad, biologist, were the tutors together with Christoph Graf, who supported the seminar with eurythmy sessions.

Foremost was the question of how the Egyptian colleagues can approach a medicine which tries to balance the physical and the spiritual aspects of health and disease. To do so, a doctor needs to deve-

lop the consciousness that every meeting between doctor and patient has a spiritual dimension. It became clear that it is almost unthinkable for the Egyptian doctors to not treat a feverish child immediately with antibiotics. However, modern immunological research has proven that a raised temperature can have a supporting effect on the immune system. Going through a temperature above 38.5°C can reduce the risk of cancer. Anthroposophical medicine wants to create a consciousness for the biography of the patients among the doctors and appeal to the courage of the doctor. Conventional medicines are mostly made from synthetic materials. However, Paracelsus, as well as the Holy Quran, points to Nature as a source for the treatments. The doctor can use nature's gifts to treat individuals appropriately. The doctor has a three-fold responsibility: he must work on his own consciousness, he must be aware that his work has an impact on the whole biography

of the patient, and he needs to have a perception of the social circumstances of the patient and respect for the environmental aspects.

A central point is also- especially in Egypt - the nutrition of the patient. Not only does he need sufficient nutrition, but also life-forces and vitality in the food.

The fundamental limits of the theoretical discussion were broadened through eurythmical practices. When evaluating the seminar it became clear that it should be held regularly, but with more focus on interactive learning methods like working groups, problem-based-learning and informal personal meetings between tutors and participants. In addition it will be important that the Egyptian and European colleagues can collect common experience in the every day work with the patients. In this respect the need for prevention and public health must be included into the doctors' work.

Dr. med. Hansueli Albonico

Recital Evening at the SEKEM Academy



Just like every Monday, on the 15th of May there was

a beautiful event at the SEKEM-Academy:

In honour of the 250th anniversary of Wolfgang Amadeus Mozart's birthday, six musicians: Viola Zweifel, Angela Hofmann, Konstanze Abouleish, Mohamed Saleh, Mohamed Abdel Kader and Rafik Costandi, performed an extraordinary programme of his works. Along with a

sonata for piano there were excerpts from his operas, arias and duets, as well as four of the „six Nocturnes“. The bassist Mohamed Abdel Kader introduced the audience to the pieces of music, which was very helpful. It was an evening full of lively music and enjoyment for the audience.

Konstanze Abouleish



Stuttgart Celebrates First SEKEM Day

The German Society of SEKEM Friends typically holds its general assembly on the first weekend in May in the town Niefern-Öschelbronn. This year a step was made towards more open involvement as the SEKEM friends invited the public to a conference in Stuttgart entitled:

Education - the responsibility of society and state for our youth. From Kindergarten to University; how can we understand the need for education in a globalized world?

The general assembly for members was conducted immediately prior to the event to ensure that all those who were interested joining the discussions on the SEKEM educational projects did not have to sit through the general members assembly, but could join later.

The concept proved to be successful: approximately 250 people participated in lively and engaging discussion circles. There was also plenty of time for private talks, meeting friends, and exchanging news in the break time.

The SEKEM Friends had worked on a number of new ideas during the last year in order to support the cultural initiatives of SEKEM. The participants of the conference were informed about many of those projects. Suzanne Baumgartner of the Swiss circle of SEKEM Friends reported on the latest project: „The first idea was to make postcards for the many guests, friends, and tourists, who visit the small shop on the SEKEM farm. We wanted to give them the possibility

to send greeting cards directly from the spot and take beautiful pictures home to remember the visit.

For this purpose the painter Suzanne Baumgartner, Dr. Roland Schaette and Mr. Adolf Liebel, supported by Mrs. Bandel, chose some 17 beautiful and representative motifs for pictures from SEKEM.

Thanks to the financial support of Dr. Schaette and Mr. Lieben, 11 postcards and 8 double postcards were printed in autumn 2005 and sold at events organized by the SEKEM friends in Europe as well as in the shop on the SEKEM farm. The postcards can also be ordered from our website at www.sekem-freunde.de“.

*Susanne Baumgartner
Christina Boecker*

SEKEM in the Discussion About Lasting Development

Dutch conference brings initiative carrier and public together



On 12 May, a conference on the topic of sustainable development aid and cooperation was organised by the Dutch association of Sekemvrienden (Friends of Sekem) and held at the Cultural Centre Antropia in Driebergen, The Netherlands. Marja Houwert, member of the board, reports on the day:



We were honoured to have Dr I. Abouleish with us, and together with him we examined the topics of international co-operation and sustainable enterprise. Sekem is the best example for demonstrating that these aspects can be developed and can become a benefit for the people working with them.

We were very happy to welcome the 180 people who attended the conference. Dr. Abouleish mentioned in his speech that investigation and research on a high technological level are necessary, as well as high standards. With the results of this kind of research, it is possible to convince society at large to abandon the methods that have a negative influence on health and sustainable living conditions; methods that most of the time benefit only the profits of big companies and result in poor working conditions that damage health and are inhumane.

In this respect the most important thing for the future is to educate young people in cultural/ religious



and artistic values in relation to all the subjects studied at school and at university. This will result in a better dialogue and understanding of the various religious and cultural aspects on which people base their lives. The reality of „The Sekem Vision“ of Dr. Abouleish is an example of best practise in this respect.

The second speaker of the day was Mr. Lageweg director of MVO in The Netherlands - an organisation that helps enterprises become conscious of, and implement, socially responsible working methods. Based on his own experience, he presented a picture of where Islamic rules and the conventional approach to enterprise meet, and where they differ in methods of solving problems linked to working together in a respectful and fruitful way. The mentality of the enterprise must be reversed to become the so-called „Triple P“ = People, Planet and Profit, rather than the other way round.

After lunch, the participants were able to select one of the many different working groups, concerning:

1. Agriculture - is this also the responsibility of the consumer?
 2. Agriculture: farming and food for everyone - a question of „coming back to earth“?
 3. Money as catalyst of apparent impossibilities
 4. Could Sekem be a source of inspiration for Europeans who are working on the changes needed in political and social aspects?
 5. Health care and social medical care in Sekem.
 6. Education in an international perspective.
 7. Eurhythmy in Sekem and the benefit of this for the people working there.
 8. Intercultural understanding.
- There were lively discussions between the participants in all the workgroups. At the close of the conference, Mrs Christine Gruwez held a speech on the meeting between east and west and the

need for respect and recognition of an own identity. Polarity is required rather than polarisation, since it is through respect and knowledge that the understanding of cultural values benefit society. The future for the next generations will be healthier if we experience true dialogue between the different peoples across the world. But we have to develop the necessary skills with the help of culture/ religion and music.

At the end of the day, the participants had made new friends and encountered many inspiring ideas and creative plans based on the inspiration of Dr. Abouleish and the reality of Sekem. We succeeded in bringing together many people from a variety of backgrounds. Our hope is the „Sekem vision“ will help them to make effective changes in their own environment in the near future.

Marja Houwert

New Products on the Egyptian Market

In early May SEKEM's Food company ISIS launched a new „Baby-Line“ on the Egyptian market. Important aspects of the new programme are the baby teas Anise, Chamomile and Caraway. Anise has a soothing effect on the respiratory tract, it helps eliminate distension and other signs of indigestion.

Chamomile ameliorates cough and flu and protects the baby from mouth and skin inflammations. Caraway promotes faster digestion without nasty colic, cramps or distension, while improving the appetite.



A new range of baby-healthcare products has also been developed under the brand SEKEM. We will introduce these to our readers in future issues.

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