

**WARRAH**  
LIVING LEARNING GROWING

# SPRING NEWS 2018

**WHAT'S  
ON?**

- WARRAH SPRING FAIR - 8 SEPTEMBER
- ARCADIAN ARTISTS EXHIBITION - 10 & 11 NOVEMBER
- CAROLS AT WARRAH - 7 DECEMBER

## INSIDE

- From the CEO and Vale Di Jones 3 & 4
- Tributes to Steve Mitchell & Sue Walker 5
- Warrah Council 6
- Adult Services 7
- Supported Living 8
- Community Support Services 9
- Community Courses and Workshops 10
- Warrah School 12-13
- Community Development 14-15
- Staff and Volunteers 16-17
- Warrah Farm 18
- Warrah Farm Shop 19

### ABOUT WARRAH SOCIETY

Based in Sydney's North West, Warrah Society is an experienced provider of supports for adults and children with disability in a diverse range of settings and services. Guided by the philosophy of Rudolf Steiner, we strive to know each unique individual, and to support them in the choices they have made for their life's journey.

Warrah:

- Is registered by the NSW Department of Education as a Special School K-12
- Is a registered provider of a broad range of supports under the National Disability Insurance Scheme (NDIS).
- Delivers Supported Independent Living, a range of Community Support Services, Community Courses & Workshops, Short Stay Accommodation, and In Home Support.
- Is approved to provide Support Coordination
- Is an approved Housing Provider for Specialist Disability Accommodation
- Holds Certification since 1993 for Warrah's Biodynamic Farm
- Is a registered charity

## UPCOMING EVENTS

- \* Spring Fair - Saturday 8 September @ 10am - 3pm
- \* Arcadian Artists Exhibition - Saturday and Sunday 10 & 11 November
- \* Carols at Warrah - Friday 7 December



*Front Cover - 'Spring Flowers'*  
by Thomas Culling  
From Warrah's Landscape Painting Course

## SPRING HOLIDAYS

**School** - Last day 27 September  
Students return on 16 October

**Farm Shop** - Closed Monday 1 October  
(Public Holiday)

**Office** - Closed Monday 1 October  
(Public Holiday)

### CONTACT US

**Warrah Society**  
20 Harris Road, Dural NSW 2158  
PO Box 357 Round Corner NSW 2158  
T: 02 9651 2411  
E: [warrah@warrah.org](mailto:warrah@warrah.org)  
[www.warrah.org](http://www.warrah.org)



## From the CEO

Pink and red blossoms are appearing around the campus at Harris Road in between the many eucalypts. It must be Spring! And this of course means that our fabulous Spring Fair is on the horizon. Now in its fifth year, it gets better each time.

June saw the retirement of long-time Warrah Board member and Chairperson Steve Mitchell as well as Sue Walker. David Ghannoum has been appointed as Warrah's new Chairperson.



*Colours are blooming onsite.*

### **Staff Training**

Our training calendar has been busy over the last few months, and will get to be more so in the months to come! Following are a few highlights.

Certificate IV in Leadership and Management has commenced in July with 15 Warrah staff participating. The training will be delivered on campus at Warrah, and aims to formalise and improve management skills for the growing group of people who have leadership responsibility in their area of work, including house and CSS coordinators, managers, and senior coordinators.

Our second All Staff Day was held in April, and received very positive feedback, with 65 staff attending from all areas of Warrah, but with a predominance this year of SIL (residential) staff. There was a theme of cultural diversity, with some great presentations. The results of a range of workshops were particularly rewarding, with 21 citrus trees being planted on the Farm, 4 new

outdoor benches constructed and lacquered, a collaborative artwork nearly completed for display in the Farm Shop, and some great roti cooked to accompany Warrah-prepared curries for lunch.

The annual Curative Seminar was also delivered in April good engagement of Warrah school staff and others from across Warrah's services. As well as providing a stimulating range of learning and development for Warrah staff, the seminar helps to bring the broader Steiner educational community together to share learnings in the field of curative and special education.

### **Changes to Warrah's Community Support Services**

All those who use Warrah's Community Support Services will be aware of the changing environment that we operate in under the NDIS. We have introduced more changes recently with the tightening up of service delivery hours. Thankyou so much to all our families, carers, and Warrah staff for making this happen so smoothly!

### **Farm Shop Expansion**

Improvements are close to completion for our Farm Shop. With unused floor space at the rear of the shop, our maintenance team has extended the shop to the back of the building. This gives us additional space for fresh organic meat, some new grocery lines, and a small range of books. The changes will be launched on Spring Fair Day.

### **Tax Appeal and the Banksia Outdoor Leisure & Learning Facility**

Thankyou to all our generous donors who contributed to Warrah's annual Tax Appeal this year. Banksia's Leisure & Learning facility will be a valuable addition to our community spaces, and will enable better use of our beautiful environment.

## **Spring**

*All day long that magician  
A warm west wind  
Has been turning trees  
Into waving wands  
And causing the leaves and flowers  
Or is it handkerchiefs of colour  
To appear from out of  
Nowhere.*

*Andrew Hoy*

### School Bathroom & FDC

FDC is a local construction company with a big heart for children with disability! Having completed a school kitchen pro bono for us 3 years ago, they have returned to fully renovate one of the classroom bathrooms. They have done a fantastic job – it is unrecognisable – and we owe them a debt of real gratitude for their generosity.

### Work Skills Program

You will read elsewhere about our pilot Workskills Program run through Winter this year. It had quite an impact, and has inspired us to do more on this front – to extend the skills and engagement of clients into employment and volunteering. There were some great outcomes – congratulations to Ali, Lisa and the CSS team, as well as all the Discovery folk who participated.

### Warrah's 50th Birthday

It will be 50 years' celebration for Warrah in 2019. With the Foundation Stone laying in March 1969, we are planning some celebrations across the year. Warrah has such an extraordinary history, and has touched the lives of so many people!



*Jasper Road Housing coming to completion*

### New Jasper Road Houses

We are at last entering the 'home run' for the building of our beautiful new houses in Baulkham Hills. What a journey it's been! We hope to have everyone moved in time for Christmas, and to enjoy the Summer.

Until Summer!

**Georgina Michaelis**



**VALE  
Di Jones**

It is with sadness that we communicate the passing of Di Jones. Di had a close connection to the Warrah community as her son, Matthew attended Warrah Special School and later received support services, including residential services.

Di was the founder of Di Jones Real Estate which was established 25 years ago. She was a generous woman and an inspiration to many.

Di was a great ambassador for Warrah and our unique approach to supporting people with disability.

In 2009, she established The Matthew Jones Foundation which continues to preserve the memory of her son and the Warrah Community that gave joy to Matthew in his life.



*Awake, thou wintry earth -*

*Fling off thy sadness!*

*Fair vernal flowers, laugh  
forth*

*Your ancient gladness!*

*Thomas Blackburn  
An Easter Hymn*

# Board Farewells

## Steve Mitchell

After close to 30 years of service to Warrah, Steve Mitchell has retired from Warrah's Board.

Steve first joined the governance of Warrah in the late 1980's when he was invited, through his connection to Tony and Sandra Molloy, to join Warrah's Finance Committee. He has served as a member of the Finance Committee, and consequently as a Board member since that time. He was appointed Chairperson in 2014.

Steve's contribution over that time helped Warrah to navigate through some turbulent times in the 1990's and 2000's when Warrah experienced considerable challenges to remain financially viable. His love for Warrah, his commitment to its task, and his respect for our philosophy was a great gift.

Steve's more recent years as Chairman saw him head up the Board as Warrah took some big steps. Just a few examples: Warrah completed a very successful transition to the NDIS; started a significant building project to finance and build two new houses at a time of great change in the sector; invested in the renewal of the Farm and development of its enterprises; undertook the Waratah Large Residential Centre project; and completed the revision of Warrah's Constitution. There are many more!

Steve's considerable background in finance and his skill in bringing out the best in people have greatly benefitted Warrah and provided solid leadership to its governance. He will be sadly missed from the Board, but we will see him as part of the White Elephant Stall team at the Spring Fair.

Thankyou Steve, from all at Warrah.



Steve Mitchell

## Sue Walker

Sue Walker joined Warrah's Board in November 2014. She has an adult son with a disability, and lives locally. Sue brought commercial acumen and fundraising experience to Warrah and to the Board. She also brought a heartfelt commitment to extending the opportunities available to people with disability through employment and engagement.

Sue ran two fabulous fundraising events for Warrah in 2016 & 2017. *Dinner Under the Stars* raised over \$60,000. Stylish and enormous fun, these events were carried with great panache, and exposed Warrah to a new group of supporters.

Sue brought a unique spirit to the work of the Board. Her presence and her contribution to Warrah will be missed.



Sue Walker

*Dear God,  
We celebrate spring's return and the rejuvenation of the natural world. Let us be moved by this vast and gentle insistence that goodness shall return, that warmth and life shall succeed, and help us to understand our place within this miracle. Let us see that as a bird now builds its nest, bravely, with bits and pieces, so we must build human faith. It is our simple duty; it is the highest art; it is our natural and vital role within the miracle of spring: the creation of faith.*

- Michael Leunig



## Warrah Council

Dear Friends,

So many little birds grace our gardens at dawn and sing for us such gentle and sweet songs as Spring gradually moves across the land. Even through this devastating drought, these little creatures sing of courage and hope, despite so many fallen friends.

Spiritual and cultural rituals have ever been celebrated by communities in every culture, offering thanks to the spirits of nature and God of creation for the round of the seasonal year.

Our celebrations of Christian Seasonal Festivals is the living fabric that forms and inspires the yearly rhythm here at Warrah. The enthusiasm for these celebrating days are joyful and creative and not least the celebration of our upcoming Spring Fair. Are we not blessed to be invited to a beautiful day amid sowing, planting, growing and harvesting of vegetables on our Warrah Biodynamic Farm? All stall holders bringing beautiful foods, crafts, wares, and volunteers and musicians will make for a very happy and nourishing day together. Even our cows, alpacas and little birds will be celebrating, curious to see you all wandering around the stalls, buying for Christmas already, sampling and sharing at our protected corner of Sydney country life.

Spring, that moment of awakening, renewing life heralded by the joy of flowering wattles after the cold, short days of winter. Around every corner we are gradually greeted by familiar colours, scents and returning birds while the blessed bees move gracefully among the flowers doing their great work of pollinating the plant world which in turn brings to us our food "the Staff of Life".

At this time across the world we also remember the Spirit of our Times, the Being whom we call Michael. He is often depicted in great works of art as the slayer of the dragon which if not conquered within ourselves would lead to human weakness and betrayal of our mission as human beings to be honourable, upright and filled with understanding and love for one another.

Those little singing birds in our gardens at dawn remind us that our Earth is indeed so beautiful we owe to her great dignity and gratitude as she nourishes us so



*A beautiful arrangement of Spring time blooms*

selflessly, despite our present great drought. We care for her through our Warrah Biodynamic sustainable farming practice as our contribution to her wellbeing.

Roll up, roll up to our Spring Fair with joy that our Warrah Community is sustained by all of us together.

**Rosalind Pecover**

For the Warrah Council

***Springtime God.  
Thank you for giving us one another  
And this holy place where we find you.***

***We thank you for the newness  
Of this season and all its hopes,  
Spreading before us  
Like a carpet of flowers.***

***Let us live in the freshness  
Of a new season  
With new life,  
New love  
And new work.  
Let your springtime  
Touch our hearts and souls,  
So that everything we think, do  
And say  
Spreads your ancient beauty ever new.  
Let our sad and tired hearts  
Look ahead with new hope.***



## Disability Services

### Jasper Road

The new Jasper Road houses are progressing well and we are gearing up preparations in anticipation of the move. We are planning another family get together soon. Not all residents and families were able to get to the last one and we would like to bring together all the residents and families to see their new house and share a meal.

### New Residents

With the Jasper road houses coming closer to fruition and the current residents of the Torrs Street house moving in, we will be welcoming a new group of residents into the Torrs house. It gives me great pleasure to welcome Megan, Emily, Jacob and their families to the Warrah community. They will be joined in the house by Terry and Mathew who are already a big part of Warrah along with their families. It was lovely to meet with the families and share a meal together at a BBQ lunch which we held on 6<sup>th</sup> July. We will be having another get together soon with the families and residents.

### Holidays

Kate and John Paul recently enjoyed a holiday to Seal Rocks and were accompanied by Ran Jan and Leonie. A great time was had enjoying the views of the ocean and the beauty of the beaches, playing cricket and walking on the beach. John Paul and Kate were instantly relaxed and enjoyed several meals out at local eating spots. John Paul and Kate are keen to go away again and continue to talk about their holiday and great experience.



*John Paul on holiday at Seal Rocks*

A special thank you to Leonie and Ran Jan for the extra effort put in to make this a very successful holiday. Fiona has also enjoyed a trip to Canada to visit her family for a few weeks. Fiona is a seasoned traveler and enjoys her trips to Canada very much.



*Sunshine on the beach!*

### Father's Day BBQ – Sunday 16<sup>th</sup> September - Save the date!

We are looking forward to organizing a BBQ with all the dads, brothers and significant men in our lives! We are hoping to hold this on Sunday 16<sup>th</sup> September, we will be in touch with you soon with more details!

### Spark Festival

Trudy, Kate B, Nicci, Kate H, Rohan, Adrian, Stephen C and Sam are all gearing up with much excitement to attend this year's Spark Festival, which will be held in October. The Spark Festival is held annually at Stanwell Tops and is a creative arts festival that is specifically designed to 'fascinate, enlighten, stretch and stimulate' those who attend. It runs over four days and has been attended by Warrah residents for several years. This year's theme is titled Spooky Spark 2018: The Unearthly Hour.

### Welcome

We again welcome a number of new staff into our services. Our continued growth in several areas means we need to employ additional people to help support the growth. We warmly welcome them to Warrah.

### David Forfar

Executive Manager Client Services



## Supported Living

### Short Stay Accommodation, After School Hours Program & Saturday Community Access Program

Community interest in these programs continues to grow, and there are many enquiries from new families. We have six new clients coming into the Short Stay programs, bringing our total number of participants to 13. Short Stay services are a great way for people looking to increase their independence and start to separate from the family home. Short Stays are developed by considering each individual's needs and interests. Each stay is then developed to bring together people with similar interests, using broad themes of friendship, adventure and interest to determine who comes along.

With the expected upgrade to Walumeda coming, we are working on options for an alternative space during the renovations so that services can continue with as little disruption as possible. We hope this might also enable us to expand the opportunities we are currently offering in Short Stay Services.

Our After School Programs continue as an attractive option for senior students and we have developed several pathways for those who access the program to readily access other Warrah services, such as Short Stay and Saturday group activities. It is pleasing to note that several of the participants in the program will be joining Warrah's Discovery program next year when they complete school. This pathway has been one of the benefits of the programs and also extends to In Home Support Services.

In Home Support Services are also growing. They have been a great success in supporting the ability of staff to get to know individuals in their own home before they come in for Short Stay; building the confidence of the individual, their families and staff providing the support. Our Saturday group is also expanding and we are looking at creating an additional group to support the increased demand.

If you or someone you know is interested in any of these services, please get in touch with me via the main Warrah number 96512411.

**Michelle McKenna**  
Senior Coordinator

## WARRAH FARM SHOP

- Fresh Produce •
- Groceries, Dairy, Meat •
- New lines of boutique organic food •
- All Certified Organic/Biodynamic •

Buy local. Eat fresh.

Contact Borja on 0448 881 060 or email  
[farmshop@warrah.org](mailto:farmshop@warrah.org)

Certified organic and biodynamic produce from  
Warrah Biodynamic Farm and Shop  
20 Harris Road, Dural  
[www.warrah.org](http://www.warrah.org)

**WARRAH**  
BIODYNAMIC FARM



## Community Support Services

### The evolution of Community Support Services (CSS)

In response to the changing landscape of Disability Services that the NDIS has instigated we have an opportunity to provide our Participants with a more dynamic service delivery that includes fully utilising our campus as well as engaging more with our local community. As this shift slowly occurs we see our Participants spending less time in one “Centre” or “Unit” and more time exploring all that Warrah Campus and the local community has to offer.

The first significant shift has come at the beginning of term 3 with the devolution of the unit “Diramu”. The Participants formerly attending Diramu are all still very much a part of our CSS community but now have a wide variety of venues that they attend each day and arrive and depart on location depending on their scheduled activities. The Diramu Building has been repurposed as a flexible space and is currently being heavily booked by CSS for our short Community Courses and activities that require a larger space or a space that requires us to get a bit messy as we work, such as clay work, felting weaving, sculpture work, etc.

### Holiday Program

2 weeks of recreational activities were delivered in July. This is the first time that CSS has run Holiday Programs in this way and was in response to our new 50 week operations calendar, providing a mid-semester break to people’s Winter Program and it allowed for our participants to experience being in different groups and trialling different activities.

We focussed on Participants having a range of activities throughout the 2 weeks that differ from their regular timetable with a focus on recreation; including full day excursions, art and cooking workshops, live music and social events.



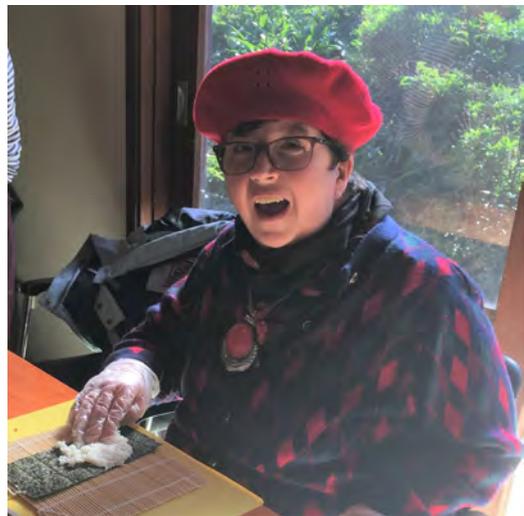
*Luke and Sarah at the Three Sisters lookout*

Although there was some initial teething problems with drop off and pick up locations as people navigated the changes, we have had some very positive feedback from all that were involved.

A big thank you must go to our Coordinators, Jacqui, Liesel, and Manjit for all the work that happened in the background to make it the success it was.

### Waaia / Kinta and our Ageing Participants

We have recently purchased some new furniture for Kinta that allows the space to be used more flexibly. This will better the way in which we deliver activities for the participants. The new purchase included tables on wheels that can fold and be easily moved aside as well as more comfortable seating including some specialist seating for those identified who would benefit from height adjustable chairs.



*Rebecca learning to make sushi*

We have been working closely with Active Ability to provide Exercise Physiology to some of our Participants to assist in maintaining mobility. In addition to working with CSS Participants, CSS Staff were inspired at our recent training day when the Active Ability team came to teach us about how we could encourage Participants to be more active in our daily group activities, including falls prevention and how this would assist in long term mobility.

Waaia is in the middle of a makeover, we recently had a working bee to sort through old and unused resources, this cleared some space in rooms that were used for storage and can now be used more purposefully. The maintenance team is currently giving the building a fresh coat of paint and it’s looking great! If you would like to see it you can pop along to coffee club from 10m – 12pm every Friday.

### Alida Pruys

Operations Manager

## COMMUNITY EDUCATION COURSES & WORKSHOPS TERM 4 GUIDE 2018

### ENROLMENTS NOW OPEN!

Contact the Warrah Office to enrol on 9651 2411 or email Harini - [hsuresh@warrah.org](mailto:hsuresh@warrah.org)

For further enrolment information and details on other courses throughout the year visit [www.warrah.org/for-adults/courses-and-workshops](http://www.warrah.org/for-adults/courses-and-workshops)

All courses held on campus at Dural and may be subject to change and availability.

Community Courses and Workshops provide high quality learning opportunities for people with disabilities. Courses change each term, and include offerings from the Arts, Health & Wellbeing and Food & Horticulture.

The course fee is billed directly to you for the term and includes all course materials.

Support costs can be billed by Warrah through your NDIS plan. This will be agreed with you before you commence the course.

### Social Music

Various musicians  
8 Weeks - Tuesdays  
23//18 - 18/09/18  
1.30pm - 2.30pm  
Banksia Music Room  
Course Fee: \$64



Social music is coming together and creating some music. This group is about giving time and space to do just that! A variety of musicians, as well as the musically minded will support the group to develop, enjoy and appreciate a variety of musical instruments, genres and techniques. If you have an instrument please bring it along. This course is open to all, regardless of ability.

### Pie Making

Samuel Day  
8 Weeks - Tuesdays  
23/10/18 - 11/12/18  
10.00am - 12.00pm  
Banksia Community Centre  
Kitchen  
Course Fee: \$152



Nothing beats the smell of a hot pie baking to really get your taste buds working! Get your apron on and into this course. You will learn to bake pies, that will be the envy of your friends and family. This course will cover both sweet and savoury pies and participants will enjoy their efforts, as they taste their way through this course.

### Growing Together - Warrah Farm

Rob Greatholder  
8 weeks - Wednesdays  
24/10/18 - 12/12/18  
10.00am - 12.00pm  
Warrah Farm Kitchen  
Course Fee: \$138



This course incorporates a variety of learning areas across Warrah's Farm, including the seedlings nursery, cooking, planting and harvesting. Participants will make a take home product, which could be a food item or a hand cream made from Warrah's farm produce.

### Photography

Mel Hayes  
8 weeks - Thursdays  
25/10/18 - 13/12/18  
10.00am - 12.00pm  
Banksia Art Studio  
Course Fee: \$140



Would you like to learn to take better photographs? Have you ever wanted to take good photographs but you weren't sure where to start? This course is for all photographic abilities and we will have cameras available for anyone who doesn't have their own. Learning techniques of composition and basic camera settings and use, participants will have the opportunity to take some great photos. The course will include an exhibition of work.

### Aqua Aerobics

Active Mobility Staff  
8 weeks - Fridays  
26/10/18 - 14/12/18  
1.00pm - 12.00pm  
Banksia Art Studio  
Course Fee: \$144



Aqua Aerobics is a great way to socialise and stay fit. This popular course is run at Warrah's fully accessible pool, which is warmed to make it more appealing. The pool also features a ramp with rails and a hoist for those who need it. Come along and join this fun and popular course.



## Statement of Values and Principles

- 1 - Warrah's service philosophy is informed by an Anthroposophical understanding of human development and the principles of Curative Education and Social Therapy.
- 2 - We always uphold the rights and dignity of people with intellectual disability.
- 3 - We uphold National Disability Service Standards
- 4 - We strive for highest standard of professional knowledge in providing quality education, services and support for both children and adults with disabilities.
- 5 - We strive to understand each individual's disability and needs, and provide support that empowers each person to make choices, develop and contribute.
- 6 - We acknowledge and support the innate capacity of each individual to know their own intentions and social needs, regardless of disability
- 7 - We recognise that although the physical body or soul may have a disability, the spirit of every individual is unique, enduring and free of disability.
- 8 - We support individuals to build and maintain community networks of interest in accordance with their wishes, and encourage engagement and exchange with our local community.
- 9 - We recognise the important principle that all relationships throughout Warrah carry a quality of mutual learning and respect.
- 10 - We strive for clarity and transparency in communication and decision making as the foundation for trust, harmony and productive working relationships.
- 11 - We strive to be a Learning Community where learning and continuous improvement are embraced by every individual as well as by the organisation.
- 12 - We enjoy cultural diversity of the Warrah community and encourage its expression through Festivals, special events and other cultural activities.
- 13 - Our commitment to sound, holistic environmental values is inspired by Warrah's unique natural environment, and Warrah Biodynamic Farm.



## Warrah School

Winter brought many chilly days to us and also some surprisingly warm ones but unusually for us in Winter, the students managed most outdoor play times outside which for them was wonderful – not so for our farmer and other farmers and gardeners in the area. We did however manage to harvest some small but juicy carrots, bok choy and other greens from Marissa's garden beds.



*Fresh, Warrah carrots from our students*

Term 2 ended with a most wonderful pile of mud bricks being stored to dry in preparation for a building project – hopefully in the last term of this year. It was inspiring to see how the students engaged in the physical activity of making mud bricks so enthusiastically and readily. We also saw some interesting lantern making with light copper sheets, which the students beat patterns into with nails and brought to the festival making for a magical walk in the moonlight.



*Chloe creating some mud bricks*

In mid-June we had our usual and much loved Winter Spiral, with a mood created that showing us that without a doubt, such moments allow an inner experience no words can and which we trust will carry on working from year to year.



*A winter Spiral taking over the Hall floor!*

Once again, we had a busy and fun day at Vision Valley Outdoor Camp – it is a very beautiful spot and offers our students a safe and supported opportunity to experience bike riding, kayaking, rock climbing and abseiling. The response and courage of our students is amazing and a joy to see – we even witnessed some progressing from a three-wheeler bike to a two-wheeler within the space of an hour! We have plans in place to continue this connection to Vision Valley, with the hope to build our student's strength and courage to participate in the outdoor activities.



*Vision Valley adventure time*

Our chickens have begun to lay eggs again after a winter break, so weekly school lunches are even more delicious than usual for those who love frittata and quiche! Louise (our Bothmer Gym teacher) has run some games days this year which are an interesting way to engage the students socially while having fun and we have learned a lot about each student in the process. The gum lessons are a favourite for most students as they call on them to be focussed, stand tall and be bold in their response to the many small but important challenges they are given. Jana, one of our volunteers, has also amazed us all with the work she has done with Chloe on balance, courage and focus.

We say farewell to our volunteers at the end of August and it will be a bittersweet moment for staff and students alike. They have come to know the students deeply and have offered their insight, skills and care wholeheartedly for the benefit of all. Aside from the "in class" support with work they have provided circus skills, music lessons, bush walking, bike riding, cooking, games and a genuine interest in everyone for which we thank them and wish them every success in the future – they will be greatly missed.

With oranges ripening and lemons galore we have been making marmalade and lemon curd once again. Our students are becoming masters in the kitchen. Mothers' Day saw them making chocolate for gifts and we were very impressed to learn that most arrived home intact!

As our students grow older we have a smaller group now going to Riding for the Disabled due to weight restrictions. It is always a very popular activity and one we do whenever we get the opportunity.



*Student, Max, excited to be on a horse!*

With the slow but certain change of weather, Term 3 awakens more activity and opportunity to build up and on the Life Skills we place great value on in our program. The Spring Fair also ensures we do work that is useful and with purpose. Our afternoon electives include movement and music, print making using plants and natural dyes on calico bags, pickle and jam making, gardening, building bird houses, and mosaics.



*Music and movement programs*



*Student, Daniel, watering the plants*

We welcomed two new students to the school in Term 3 also and look forward to ensuring their time at Warrah is rich and positive.

Spring gives new life and outlook to us all and so we continue our work striving to be the best we can, working together to bring each student the insight and activity that they can embrace and so take another step in their learning and growing journey.

**Jan Fowler**  
Principal



## Community Development

Winter has been a busy time in Community Development with preparations fully underway for the Spring Fair. This year we have great entertainment lined up on stage and at the Farm shop, a jumping castle and pony rides for kids. The day will feature over twenty market stalls. A variety of fabulous prizes and vouchers have been generously donated by local businesses and Warrah families for the Silent Auction and Chocolate Wheel.

We are grateful for the volunteers who have come forward to help at the Fair on the various stalls and activities. This year we are fortunate to have the support of the West Pennant Hills Cherrybrook Lions and Leos Clubs who will be helping with parking management and volunteering on various Warrah stalls. We also have volunteers from the Glenhaven Rotary Club.

We are looking forward to another successful event. Please spread the word and invite your friends and family to come along Warrah's fun-filled Spring Fair!

### Welcome to New Staff

I would like to welcome our new Marketing and Communications Coordinator, Gilbert Corr who joined the Community Development Team mid-July. Gilbert brings a background in marketing, with experience in campaign development, website administration, content creation and digital strategy.

### Tax Appeal

Our annual Tax appeal for the new Banksia Outdoor Leisure & Learning Facility has raised \$47,240! Your support has made this project possible and will provide a much needed multipurpose break out space in a beautiful setting adjacent to the Banksia Community Centre.

The new space will include a wheelchair accessible boardwalk, a large timber deck with seating, soft and hard landscaping, and garden beds with scented native shrubs and plants. We are looking forward to the transformation of the outdoor space and will keep you informed of the progress.

### Spring Fair Sponsorship

This year we developed a Spring Fair Sponsorship package for local businesses, offering 'Bronze - \$500', 'Silver - \$750' and 'Gold - \$1000' sponsorship options.

Each level of sponsorship provides a level of exposure and benefits for businesses to the local community. We are delighted by the response from the following businesses who are sponsoring the Spring Fair this year:

*Gold – Bendigo Bank*

*Silver – Dural Mechanical Services; Castle Hill Toyota*

*Bronze – Newline Carpets; Dural Prestige Smash Repairs and Makin' Lawns.*



*All smiles at last years Spring Fair*

### Spring Fair Silent Auction

Last year's Silent Auction was a great success, and this year's is even bigger! We have a variety of wonderful items generously donated, for people to bid on at the auction tables. There will be a minimum reserve set for each item like last year. A great opportunity to get organised and grab some gifts for Christmas!

Silent auction items include:

- Restaurant vouchers***
- Events movie passes***
- Hedge trimmer***
- Beauty packs***
- Dinner sets***
- Whipper snipper***
- Bottles of wine***
- Health and wellbeing vouchers***
- Cutlery sets***
- BBQ***
- Artwork***
- Organic produce hamper***
- Laptop backpacks***
- Champagne glasses***
- Linen***
- Printer***
- Kitchenware.... Plus more!!***

### Arcadian Artists Trail

Last year Warrah was invited to be part of the Arcadian Artists Exhibition and Art Trail, which is an exhibition of local artists and studios in Warrah's local area. Warrah collaborated with local artist, Melanie Jai, whose art is inspired by her journey in raising a child who has autism.



*Linda and Jana at Arcadian Artist Trail Exhibition*

Warrah has been invited back to Melanie Jai studio in Galston this year to exhibit at the annual event taking place on the weekend of November 10 and 11 from 9.00am – 5.00pm. The exhibition is a great opportunity to showcase the talent of Warrah's artists and promote the services that we offer to adults and children with disability. For further information see [www.arcadianartists.com.au](http://www.arcadianartists.com.au)

### Grant from Variety – The Children's Charity

Variety – The Children's Charity have allocated a grant of \$11,418 to purchase playground equipment for Warrah Special School, including two spinners, a double swing set including a birds nest swing and single swing, a glockenspiel and inclined drum. Money raised through the City2Surf will fund the delivery and installation of the equipment. This project will upgrade our outdated play equipment and provide additional sensory features of our sensory nature garden in the grounds of Warrah Special School.

### White Elephant Stall Donations Needed

We still need preloved items for the White Elephant Stall which are in GOOD condition.

We are seeking: kitchenware; excellent quality books; wooden toys; bric-a-brac; small furniture items and furnishings (lamps etc). We cannot accept any electrical items. Contact Cindy Cunningham on 9651

### City2Surf Fundraiser

Two Warrah parents and Board members – Steve Malin and Ross King took part in the City2Surf on Sunday 12 August. In total, they raised an amazing \$15,498.00 for Warrah Special School. Funds raised will enhance the school's sensory garden and playground with new equipment such as swings and spinners to make it an even more fulfilling play experience for students.



*Big congratulations to Team Warrah!*

### Cindy Cunningham

Community Development Manager

### Stall Holders At Spring Fair

**Louise Jade – candles, melts and diffusers**

**Bohemia – fashion and homeware**

**Kurmond Crafts – various handmade crafts**

**Shea Earth – shea skincare, jewellery and African fashion**

**Our Sacred Space – crystal jewellery and meditation items**

**Bags by Cate – handmade bags**

**Bendigo Bank – Sponsorship stall**

**BRS InsideOut Health – Essential Oils**

**Primal Alternative – Grainfree breads and pizza bases**

**Tuckshop Coffee**

**Italian Gelato & Affogato**



## Staff and Volunteers

email to either [ebush@warrah.org](mailto:ebush@warrah.org) or [ccunningham@warrah.org](mailto:ccunningham@warrah.org).

### New Staff

Below is the list of New Starters who became part of the Warrah Family:

Joen, Hyuk (John)	CSS Support Worker
Chiao, Chao Li	CSS Support Worker
Muthoni, Rahab (Jessica)	SIL Support Worker
Kashem, Mohammed	SIL Support Worker
Asogwa, Ikenna	SIL Support Worker
Yabut, Kevin	SIL Support Worker
Corr, Gilbert	Marketing

### Evelyn Bush

HR & Payroll Officer

### Warrah Volunteers

The four German trainees, Rene, Nina, Stephanie and Maria, spent a very successful six weeks here at Warrah working on a special project regarding work placements for people with disabilities. They left at the end of June, following a presentation day to acknowledge their contribution. Warrah has also hosted several work experience students over the past three months who have been helping out in CSS. We are looking forward to welcoming six new German volunteers in September through the Friends of Rudolf Steiner Organisation. However, this will mean farewelling Ole, Linda, Jana and Theresa who have helped us so much over the last year. They have given great support across all areas of Warrah over the past year and will be sadly missed.



*Work Skills Graduates*

Giving further international appeal we also welcomed a Russian student, Maria, for one week in July. She visited Warrah to learn about our business, specifically in relation to her marketing and management studies. Our bio-dynamic farm also continues to draw in interest from willing volunteers who help out when they can.

### Volunteers for Warrah's 2018 Spring Fair

We are still in the planning stages for our Spring Fair which is being held on Saturday September 8th. At the moment we have allocated nearly 120 volunteers for the day and the volunteer registration forms are still coming in. Please let Cindy Cunningham or myself know if you are able to help out on the day, by sending an



### Positions Vacant - Casual Support Workers

Warrah **Supported Independent Living** is currently seeking highly motivated, empathetic and committed individuals to provide high quality support to the residents of Warrah in a Group Home setting. Successful candidates will actively assist residents in their home and in the community to develop and maintain personal, social and community relationships. Support Workers support and foster resident contribution and independence in personal care, health, activities of daily living, home keeping, budgeting, holidays and leisure. We are looking for flexible and resilient individuals, willing and able to work on a shift-work basis.

**For more information please contact Evelyn Bush at:**  
P: 9651 2411 E: [ebush@warrah.org](mailto:ebush@warrah.org)

# Thank You

Ole, Jana, Theresa and Linda.  
Warrah has loved having you as part  
of our community.

You will be missed!





## Warrah Farm

There is a particular wattle that we have here at Warrah, in the bush that borders the farm. In my first year here I was told by one of our oldest customers that when it blooms we are free of the last frost and we can start to sow our spring crops. So far, she has been spot on and I use the tree as an indicator, this year we were a little earlier than the last four, and drier than I have known it.

So with the last frost gone and the nursery full of spring sowings of basil, cucumber, zucchini, tomatoes and more, we look forward to a change in the rhythm and colour of the farm. We will be spraying out our biodynamic preparations prior to tilling the land and getting our first sector of beds ready to receive a good helping of compost prior to planting.

This is an exciting time of year for the farm coming out of a slumber, as the soil begins to warm we are able to grow a much wider variety of crops and flowers. This year we will also have many more strawberries and we will avoid the temptation of picking our recently planted asparagus crowns and let them establish themselves so that we can start next year.



*Citrus fruits are coming into season!*

We have recently completed our annual biodynamic certification audit process. This year we received our inaugural audit from the ACO, Australia's premium certification body. The switch of certifiers will improve the standing of our operation and move us towards a slightly more rigorous set of guidelines. The process has been smooth; we received excellent feedback and now await our certificate in the post.

We recently took part in a six-week work experience program. Warrah clients, supported by volunteers from overseas, spent two days per week involved with various aspects of the farm. The scheme went well from our perspective and it was great to see more client participation on the farm. Activities ranged from preparing ground, planting, weeding, propagation and general maintenance. We hope to see more of this kind of involvement as we move forward into Spring and Summer.



*Our farmers hard at work planting*

As I write this, we are currently harvesting beetroot, carrot, chard, coriander, fennel, grapefruit, kale, leeks, lettuce, orange, pak choi, parsley, radish, rocket, and salad mix.

We look forward to seeing you all at the Spring Fair. There will a Farm Tour for anyone interested in having a wander around the garden with me for a chat about our ethos, growing methods and the tools we use.

### **Rob Greatholder**

Farm Manager

If you would like to subscribe to our newsletter

**Farm E News**

please email [farmshop@warrah.org](mailto:farmshop@warrah.org)



## Warrah Farm Enterprises

Sydney people love Spring because it heralds warm seas, sunny beaches and lots of events to enjoy with family and friends. At Warrah Farm shop, we look forward to and prepare for the annual Warrah Spring Fair because it's a wonderful opportunity to showcase our range of the freshest, tastiest organic/biodynamic fruit and vegetables in this beautiful city.

Why so passionate about a "bit 'o fruit 'n veg"? Where else in this city can you purchase a freshly picked Rainbow Chard, Cos lettuce or salad mix from the healthy, pesticide free soil of our own farm in the morning and have it in your kitchen that evening? It doesn't get any better than that! Well, it does when you taste it!

Warrah Spring Fair on 8th September is the opening date for our newly extended shop, including thirty percent more floor space. We will have a greater range of certified organic goodies including fresh meat, expanded dairy and even fresh espresso coffee! The farm will have tasting tables, a Farm Tour with Rob at 11am and for an investment of \$10 you may feel very satisfied after eating Borja's famous Spanish Paella. It's the real deal! If you feel like a sweet treat we'll be sampling Angie Cohen's Love, Life & Gluten Free Chocolate Brownies as well as meeting Angie in person who will be on site signing her newly published book.

Australian organics has advanced over the last ten years to be able to provide most of everything throughout the year. The change of seasons is always hit and miss but we've noticed much more availability of everything. We'll miss the crisp sweetness of winter's apples and the juicy, frost-finished citrus, but bring on Spring and the salads!

Cabbages are versatile, great for gut biome health and they are Warrah Farm grown. Shop Check-Out-Chap Peter recently cooked Pot-au-Feu with stuffed Cabbage Rolls. The literal translation of "pot on the fire" refers to the way this old standard was originally farm cooked, in a huge cast iron pot directly in the fireplace. Any combination of meat may be used and the French certainly don't own it! Peter doesn't have a fireplace but he says the combination of our vegetables in a braise of beef with our cabbage turned into Cabbage Rolls on top was delicious comfort food for the season.

Sadly, our fabulous Volunteers from Germany are leaving Warrah at this time. The shop team has been thankful for their smiley faces and their wonderful assistance. They will be missed. Good bye and Good luck...gut und viel Gluck!

We look forward to Spring, the Fair and seeing Warrah staff, residents, families, schoolies, day service people and the local community enjoying the expanded shop and all it has to offer.



*There are plenty of carrots from the Warrah Farm Shop*

Happy Spring!

**From the Farm Shop Team**

### Spring Produce in Store

**Fruit** - Granny Smith apples, Pink Lady apples, Royal Gala apples, Hass avacados, Cavendish bananas, Ladyfinger bananas, Ruby grapefruit, Lemons, lemonades, Limes, Navel oranges, mandarins, tangelo, strawberries, blueberries, Passionfruit, Pineapples, Quinces,

**Greens** - Cos Lettuce, Coriander, Black & Curly Kale Parsley, Rainbow Chard, Baby Spinach, Salad Mix, Silverbeet, pakchoy

**Vegetables** - Green Beans, Beetroot, Broccoli, Broccolini, Green & Red Cabbage, Green & Red Capsicum, Carrots, Cauliflower, Celery, Red Chilli, Lebanese Cucumber, Eggplant, Fennel, Garlic, Ginger, Leek, Mushrooms, Brown Onions, Red Onions, Parsnips, zucchii, peas, sprouts

# WARRAH

LIVING LEARNING GROWING

# SPRING FAIR



SATURDAY 8 SEPTEMBER 2018

10AM - 3PM

20 HARRIS ROAD, DURAL 2158

THANK YOU TO OUR SPONSORS

## GOLD



# Bendigo Bank

## SILVER



# Castle Hill Toyota



## BRONZE

**Newline**  
carpets



 **makin' lawns**  
landscape services