



WARRAH

LIVING LEARNING GROWING

50 YEARS 1969-2019

**AUTUMN
NEWS
2019**

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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 from 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

Warrah's 50th Garden Party
Sunday 24 March , 12pm-3pm

Easter Celebration
Friday 12 April at 11am

All Staff Day
Monday 15 April

Curative Seminar
Tuesday to Thursday 16-18 April

Harvest Festival
Wednesday 8 May

Mother's Day High Tea
Saturday 11 May at 2pm



*Front Cover - Autumn Artwork by
Rohan McNamee & Rebecca Molloy*

Easter Holidays

School - Last day 12 April
Students return on 30 April

Farm Shop - Closed Friday 19 April
Reopens Tuesday 23 April
Closed on Thursday 25 April (Anzac Day)

Office - Closed Friday 19 April
Reopens Tuesday 23 April
Closed on Thursday 25 April (Anzac Day)

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
www.warrah.org



From the CEO

It has been an intense Summer, and we have endured wild storms, searing heat, and multiple power outages and failures. Hopefully, it will not be long before Autumn starts to edge in!

This year Warrah celebrates 50 years since its foundation on 23 March 1969. Waratah (now Banksia Community Centre) was built to house and educate children with disabilities and staff, opening in 1969. The original founding documents of Warrah are still held in a time capsule under the floor of the building.

Warrah's earliest beginnings were of course in 1965 when a biodynamic vegetable garden was started at Harris Road by Karl Kaltenbach with a group of young men with disability from Inala. From those first efforts, Warrah Farm developed. The Farm celebrates 25 years this year since its certification in 1993. We have much to be proud of!

There will be celebrations throughout 2019 to acknowledge the extraordinary achievements of all those who have worked and participated in the life of Warrah. A Garden Party will start the festivities, to be held in March, and will bring together many people from past and present.

New Residents

We warmly welcome Mathew, Terry, Emily, Jacob, Megan and their families to Warrah. This new young group of housemates has taken up residence at 1 Torrs Street in Baulkham Hills. This is their first step towards living independently for all five residents, who have all lived with their families until now. Lisa Bendixen has taken a new role as House Coordinator for this friendly group.

Older Residents – New Houses!

A lovely housewarming celebration was held recently to formally open Warrah's two beautiful new houses in Jasper Road Baulkham Hills. 60 people attended the event, and all were very impressed with the design of the homes, their finished appearance, and beautiful furnishings.

These houses meet the requirements under the NDIS for Specialist Disability Accommodation classification of 'Fully Accessible.' SDA funding recognises the substantial costs associated with building fully

accessible houses. Both Jacaranda and Tallowood incorporate many non-standard features that ensure the houses work well for residents with a wide range of physical, sensory and other individual needs.

Starting with the purchase of land in 2015, it has been a goal for some years to provide new, purpose designed housing for these 10 long-term and very patient Warrah residents. Thank you to families and carers for your patience too. We have a result that was well worth the wait!



Newly built Tallowood House at Jasper Road

Property Person of the Year (PPOY)

The 2018 Property Person of the Year event was held in November with funds raised once again benefiting Warrah. Justin Hemmes received the award for Merivale's many successful developments of buildings that have changed the social and cultural life of Sydney. 350 people came together for the awards night, held in the Ivy Ballroom in Sydney. Over \$30,000 was raised, and a new friend gained for Warrah.



Warrah Director David Ghannoum, Georgina Michaelis and PPOY Justin Hemmes

Local Support

Warrah is blessed by much local support and goodwill. Moits Civil spent a day with us recently with many of their staff volunteering time to bring about improvements to our school playground, as well as starting the earthworks in preparation for the

development of the Banksia Outdoor Recreation Area. They achieved an extraordinary amount in one day!

We were rewarded in December with a Stronger Communities Grant that contributed 50% to the cost of an internet upgrade for the whole Harris Road campus. Federal MP Julian Lesser delivered the cheque in person, commenting that the project was one he was happy to support and providing community benefit.

Our second Warrah Carols night held early in December, attracted some 250 people to sing together and enjoy the Christmas story. We joined with Warrah community members – residents, staff and families - and people from our local community, in a huge marquee put up especially for this event. Glenhaven Rotary Club very generously provided a beautiful supper, prepared and served on the night.



Redfield musicians and Sam Hardwick enjoying Carols

Accessible Bathrooms

We are completing a focus to improvements for accessible bathrooms for CSS services across the Harris Road campus. Although bathrooms were very much improved five years ago in all our group homes (through the infamous Multiplex 'Bathroom Blitz'), our day centres have not received the same level of attention. Warrah School received a fully renovated bathroom in 2018, including full personal care facilities care of benefactors FDC. The upcoming extensions to Walumeda will include the same, care of benefactor Sarkis Nassif of Holdmark Constructions. We will carry out a small renovation to Banksia Community Centre so that we can be confident that everyone can be supported according to their needs wherever they are on the Harris Road campus.

Farewell

We will farewell Jacqui Taylor, long term Community Support Services Coordinator. Jacqui will be taking her many skills and considerable experience into a new forum: to teach at TAFE. We wish her well!

Georgina Michaelis

New Chairperson - Steve Malin



Steve Malin was appointed Chairperson, replacing David Ghannoum in February 2019. Steve joined Warrah's Board in April 2018.

Steve's son Rafi is a student of Warrah School. Steve has two other children, and they attend Glenaeon Rudolf Steiner School. Steve's first association with Warrah was in 1997, when his wife Tina was (what was then called) a House Parent of Waratah cottage for 4 years.

Steve is currently employed as a portfolio manager and investment research specialist by Vinva Investment Management. Vinva is an independent, employee-owned investment management firm managing funds on behalf of Australian institutions including state funds and industry super funds. Steve is also a vital member of the Vinva Foundation committee which represents the firm's philanthropic efforts through the provision of grants to eligible charities.

Autumn

A touch of cold in the Autumn night -
I walked abroad,
And saw the ruddy moon lean over a hedge
Like a red-faced farmer.
I did not stop to speak, but nodded,
And round about were the wistful stars
With white faces like town children.

T.E Hulme (1909)

Warrah Company Membership

Below is some information about Warrah's legal structure and the role of Company Membership. Warrah is a Company Limited by Guarantee. CLGs are set up under the Corporations Act. They are a type of public company and have to comply with the applicable rules under the Corporations Act and Corporations Regulations. Warrah is also a registered charity with the ACNC (Australian Charities and Not-for-Profit Commission). Warrah has a Constitution, most recently revised in 2018, which is available on Warrah's website – www.warrah.org. The Constitution lays out the rules for how Warrah is to be governed.

Company Membership

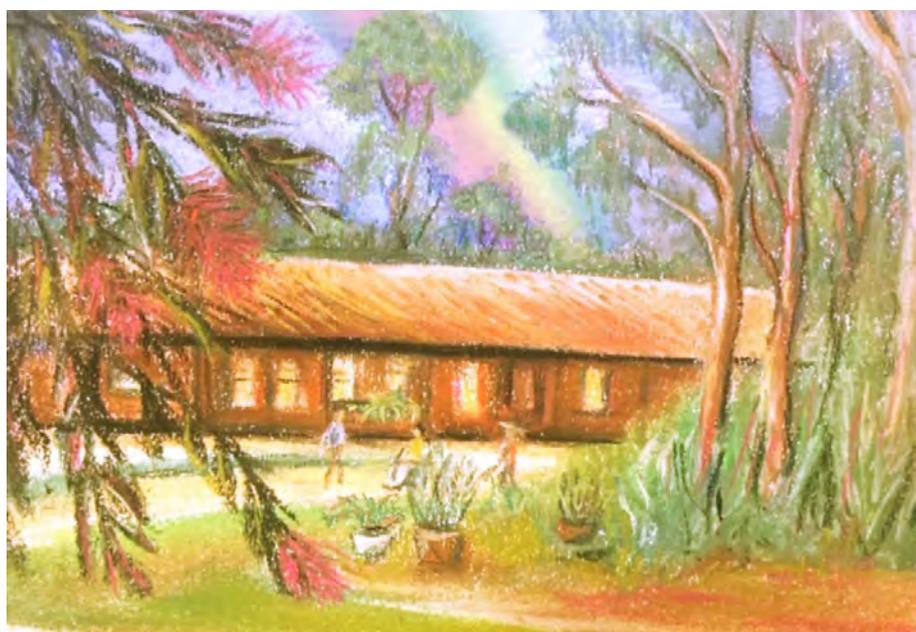
The term 'Member' is used in the not-for-profit sector to describe many different sets of people; however, it has a specific legal meaning. A Company Member of a not for profit organisation is someone who has satisfied the requirements of formal membership of the organisation. Company Members play a unique role, having a legal responsibility for the company. Company Members complete the accountability cycle of Warrah, with the Board of Directors answerable to the Members. The Board reports to the members annually at the Annual General Meeting – usually in October/November.

Members are required to reapply for membership every three years, and all applications require approval by the Board of Directors. Some of Warrah's conditions of membership include:

- Being nominated by an existing member
- Agreeing to be bound by the Constitution of Warrah
- Agreeing to uphold Warrah's Statement of Values and Principles
- Paying a small annual membership fee of \$20

Warrah does not admit employees or their spouses as members – this could constitute a conflict of interest.

There are many different ways of engaging with Warrah. Company membership is not for everyone. It is an option for those who are interested in and willing to support the long term development and sustainability of the organisation. If you would like more information, please contact Company Secretary, Georgina Michaelis.



Celebrating
50 years

An extraordinary
past

An inspiring
future!

WARRAH
LIVING LEARNING GROWING
50 YEARS 1969-2019



Easter at Warrah

Dear Friends,

There are hundreds of wonderful traditions that human beings have brought together down the millennia, to celebrate the power of transformation, death, and rebirth. This has been central to the spiritual and religious life of every culture where human beings gather together in solemnity and ritual prayers and joyful thanks.

Perhaps you will be painting eggs in beautiful colours with your family using vegetable dyes to present in a basket for breakfast on Easter morning. The burrow of the rabbit in European tradition signifies the tomb of Christ from which He has risen on Easter morning. The hare symbolizes the moon. The date for Easter depends on the lunar cycle and is observed on the first Sunday after the full moon following the March Equinox. Easter falls in Spring in the Northern Hemisphere and the onset of Autumn here in the Southern Hemisphere. Easter, the festival remembering the death of Christ and the celebration of His resurrection.

Many ancient cultures such as the Hindus, Persians, Egyptians, and Phoenicians have believed that our world originated from a giant egg. Eggs are regarded as sacred to so many beliefs and practices. The symbol of new life.

Warrah is becoming more and more a sanctuary among the gum tree gardens and biodynamic farm while around us new developments displace the birds and native animals. It is our responsibility to support Warrah in maintaining the founding impulse that underpins the life of every one of us here.

White Easter lilies or Madonna lilies have long stood as a symbol of purity, innocence, hope, and grace. The imagery of the lily growing up out of the earth having been hidden from sight symbolises the Resurrection of Christ from the dead, on Easter morning. Maybe you would like to bake Easter breads and biscuits too?

Perhaps we could say that Warrah's sustainability, spiritually, economically, educationally progressive stability at every level is the core of its continued existence.

Wishing you all creative late summer and coming Autumnal Easter Days!

Rosalind Pecover

for the Warrah Council

Easter Biscuits Recipe

Ingredients:

- 125g soft unsalted butter
- 1/2 cup caster sugar
- 1 tsp vanilla extract
- 1 egg and egg white to glaze
- 2 cups plain flour
- 1 tsp baking powder
- 500g ready-made white icing fondant
- Sifted icing sugar to dust

Method:

1. Beat soft unsalted butter, caster sugar and vanilla extract together in a bowl until pale and creamy. Add egg and mix well.
2. Sift 2 cups plain flour and baking powder over and fold in until combined. Knead lightly on a floured surface until smooth. Wrap in plastic and chill in the fridge for 30 minutes.
3. Preheat oven to 180°C. Line 2 baking trays.
4. Roll out half of dough on a lightly floured surface until 4mm thick. Using cookie cutters, cut out shapes and transfer to trays. Bake for 12-15 minutes until golden. Transfer to wire racks to cool. Repeat.
5. Knead ready-made white icing on a clean surface dusted with sifted icing sugar until smooth and no longer sticky. Roll out a portion of icing until about 3mm thick. Cut out shapes using the same cutters.
6. Lightly brush a biscuit with egg white and lay the icing on top smoothing gently. Continue with remaining biscuits and coloured icings. Decorate with dots and stripes as desired.

International Conference for Curative Education & Social Therapy

During my two weeks holidays in October, I was fortunate enough to have the opportunity to attend the 2018 biannual International Conference of the worldwide Movement for Anthroposophical Curative Education and Social Therapy. It took place at the Goetheanum in Dornach, Switzerland, and ran for five days in October. About 650 people from 40 different countries came together for the conference which was entitled, "Social Play Space: Making room for fulfilling biographies". The conference was an excellent opportunity for me to meet up with some old friends, to make some new friends, and to listen to the ideas and research of lecturers from all over the world.

I was also able to attend workshops where I could experience some of the new initiatives in education, social therapy, and healing. I came away from the conference feeling inspired and hopeful for the future of the worldwide Curative Education and Social Therapy impulse, a healing impulse originating in the combined work of Rudolf Steiner and Ita Wegman nearly 100 years ago.

There were five main lectures given by speakers from around the world. Some of these lectures will be published in 2019 on the Anthroposophic Council for Inclusive Social Development website (<https://inclusivesocial.org/?lang=en>).

I would like to give a brief overview of some ideas from a lecture given by Dan McKanan of the Harvard Divinity School, USA. The speech was entitled "The Soil of Social Therapy", and I think the content was most relevant for the Warrah Community as a whole.

Social Therapy and Agriculture have many things in common. Firstly, there is the 'sense of rhythm' – the farmer needs to be sensitive to the rhythms of Nature. In general, the individual with a disability is naturally sensitive to the routines and rhythm in their lives. So what the farmer needs, the individual with a disability already has - there is the possibility for a beautiful harmonious working together here.

Secondly, he said the amount of people farming the land has decreased markedly during the last 100 years. This has been in parallel with a similar decrease in the number of people being born with a disability, with the

rise of antenatal testing. Thirdly, he spoke of how currently the dominant worldview stigmatises both farmers and the disabled. This mindset seems of the opinion that we can do without farmers, just like we can do without people with a disability. McKanan sees the root cause of this stigmatisation as being due to "commodification". Farms have come to be viewed as factories producing commodities.

Via the payment of income, the view of modern work has come to be seen as "my work", it has thus come to be seen as a commodity. Wonderfully, the disabled individual seems to have the natural gift of resisting commodification, of refusing to be hurried, by wanting to live more in the moment or the past, and not complying with the future orientated factory mindset. Dan McKanan encourages us to resist this commodification of our lives and learn from those with a disability how to resist. He suggests, for example, that we can try to deepen our commitment to beauty, deepen our attention to detail, to take more time for relationships, to participate more in Nature and Her seasons, to create and participate in festivals, etc. These types of activities all resist commodification. Dan's latest book is titled, "Eco-Alchemy: Anthroposophy and the History and Future of Environmentalism", published in 2017. His lecture has inspired me to buy it.

In a workshop titled "Autism-Creativity-Relationship" (facilitated by Richard Tucker,) participants in this latter workshop received an overview of the history and philosophy of the Ruskin Mill Trust (RMT). Since 1987 it has developed its unique method of "Practical Skills Therapeutic Education" (PSTE) working with children and young people with complex behaviours, including individuals with learning difficulties, disabilities, and autistic spectrum disorder. RMT now have seven education centres located throughout England catering mainly for young adults in the 16 to 25 age range whose needs cannot be met elsewhere. They have also recently started a special school for students aged 7 to 19. Their practical skills training programs for young adults run for three years, after which they are better equipped to work and succeed in the mainstream workforce. "By immersing students within the productive aspect of our curriculum, students learn to care for their own well-being and development, and overcome their barriers to learning". RMT is a genuinely inspiring initiative, and I hope to visit them in England very soon. More information can be found on their website (<http://www.rmt.org/>).

Peter Rathjen

Warrah School Teacher 2017 - 2018

Celebrating 50 Years: Early Times at Warrah

- The Stephens -



Parents Bob and Joan Stephens and twin daughters Joanne and Linda are one of Warrah's earliest families. A little of their story appears below.

Joanne and Lynda were born in 1962 with disabilities undiagnosed. At that time we were living at Bondi Beach and I just happened to read the Bondi Weekly, a local paper, and there was a notice inviting people with children with disabilities (not the language used then!) to a meeting who would be interested in starting up a day service. There was about 4 parents there, all with children with disabilities and we all bonded very quickly. It was put to us that we could open up a school

in an unused church at Vaucluse. At that time my girls were four. Susan Haris was going to be the Principal, and it was called Miroma. Susan used to pick the girls up every morning at nine and return them at 3pm every day.

A few years later Susan told me about a residential place in the pipeline to be built in Dural and asked me would we be interested in the girls going full time. I wasn't sure. She took me and the girls to meet Karl Kaltenbach. The girls' names were put on a client listing. As the building had not been built as yet I was happy to think that they could have a life outside of home, just going to Warrah and coming home the same every day.

“We are eternally grateful to Warrah for all who work hard to care for our children.”

When the building of Waratah was to start the parents were asked to help with the clearing of the site. Reuben Lane was one of the first Chairmen of the building committee, and also the man who drew up the plans. The task we had was not easy. We used a chain saw for cutting trees down and clearing low scrub and it was on every weekend! We had help from one parent who owned earthmoving equipment (Tony O'Neill) who made our task

so much easier. It was an all in effort and it was done with a lot of smiles and laughter plus very sore muscles and blisters. Karl, our first CEO, had gone back to Germany but told Reuben not to cut down any trees which had a ribbon tied around the trunk. Well there was dozens of ribbons all over the area. Sorry Karl, some had to go.

When the building was completed and ready to take in the first people things had changed quite a lot. We had a gravel road in, and a bigger turning circle. Mac Bumpstead, the Chairman of the Board who had the adjoining land next to Warrah, did the opening of the building, and it was quite moving to all of us when the time capsule was lowered into its resting place at the entrance lobby of Waratah.

The day the twins started at Warrah Susan Haris picked us up in her car to take us. It was very sad, but we were happy at the same time because we knew they were going to have a better life than what we could give them. They took to that life with open arms. They went sledging in the snow, joined the girl guides and were members for years. Some weekends the guides would take them camping.

We are eternally grateful to Warrah for all who work hard to care for our children.

Bob and Joan Stephens



Disability Services

Welcome

With increased growth, we have again had many new staff commence with us, and I take this opportunity to welcome them all to Warrah. We anticipate a slowing of new staff now that the new Torrs group has settled in and our regular programs are up and running.

Christmas Day Celebration

Waratah hosted a lovely Christmas lunch for everyone at Warrah on Christmas Day. A delicious home cooked meal was shared together and the day was enjoyed by all who were there. Thanks to all the staff who worked and made the day so special.



A lovely Christmas lunch at Waratah House

Jasper Road Housewarming

A great celebration was held with family and friends at Tallowood and Jacaranda homes on Sunday 3 February 2019. Hannah Semler spoke about the journey of the project and how heartening it was to see it come to fruition. Rosalind Pecover provided a beautiful Celtic blessing, and it was an excellent opportunity to thank everyone involved in the project for their hard work and commitment, especially architects Mark Baxter and Gioia Viney, builders, families, and everyone who supported the project.

We were pleased to welcome the young and not so young to warm the house. We shared a lovely lunch together with lots of homemade dishes. The residents cut cakes and it was an excellent opportunity for families and friends to chat, catch up and get to know one another. The day had a great

feel, and it would be lovely to see families coming together at the houses more often.

New Residents

Our Torrs Street house opened in December with five residents moving into the house. Residents have been settling in, and it is pleasing to report that residents and staff have been getting to know one another. Some of the activities that the residents have been enjoying include fishing, golf, visiting the tramway museum, picnics and lots of other activities. We are still in the early days for this group, but it is pleasing to see everyone enjoying their time and developing friendships with one another.

Thanks to Leanne Burton who took on the role of coordinating during the initial set up phase and has undertaken a remarkable job in getting things set up. Thanks also to Lisa Bendixen who is a developing Coordinator and is instrumental in ensuring person-centred practice and recognising the best in every participant she works with. They have both worked diligently to get the house ready and welcome each of the residents. Leanne has returned to her substantive role as Coordinator of Wattle Tree.

Volunteers

Our volunteers have continued to be a welcome part of the social life in our houses and have been visiting for meals and outings each week. They are a highlight to many of the residents who look forward to their visits and the conversations they bring. In Emily Cottage we have had Johanna visit. In Mac's Cottage we have had Johanna, Philipp and Malin visiting. In Wattle Tree we have had Johanna and Malin visiting. We hope to see more visits this year.

NDIS

We continue with NDIS review meetings. These meetings are critical to getting an NDIS plan that provides the necessary funding to deliver supports to each individual participant. Warrah had in place an excellent and robust individual planning process, which changed necessarily when the NDIS was rolled out. We are currently in the process of developing a planning system that fits with the NDIS meeting schedule and enables good collaborative processes without the need for too many meetings, which we know can become burdensome for everyone.

Mother's Day High Tea

We look forward to the Mother's Day High Tea being held at Warrah on Saturday 11 May, starting at 2pm.

David Forfar

Executive Manager, Disability Services



Community Support Services

New Participants

We have commenced 2019 with 6 new participants in CSS. We extend a warm welcome to our new participants, their families and friends to the Warrah Community. If you see them about Warrah please say a big hello to Cedric, Fawwaz, Kieran, and Nick in Discovery, Kelsie in Waaia and Georgia in Banksia. Warrah Community Support services now supports 88 participants. We are still receiving a high number of enquiries for enrolment both in groups and for 1:1 supports, particularly from recent school leavers.

Community Courses and Workshops

Community Courses and Workshops are not only for existing clients of Warrah Community Support Services but are also open to people with disability from the broader community who would like an opportunity to participate in a range of activities on offer at Warrah. These courses are lead by specialist facilitators to ensure there are high-quality outcomes for all involved.

We have a broad range of 8-week courses and short 1-3 day workshops on offer in 2019. Term 1 courses have commenced with Aqua Aerobics, Flora and Fauna Pastiche Art and Social Music. As always, we are looking forward to the exhibition of the Flora and Fauna Pastiche Art course that will be on display in the Banksia Community Centre Gallery from late March and throughout Term 2. If you would like any information about our courses, the offerings can be found at www.warrah.org, or you can contact Alina Cassin on 9651 2411 for any enquiries or to enrol.



Stephen enjoying the Pastiche Art Workshop

Staff Changes

Jacqui Taylor has stepped down from her position as CSS Coordinator. Jacqui is focusing on a new direction which will see her in a teaching role with TAFE NSW. We are undertaking a recruitment process to fill this position. In the interim the following arrangements are in place: Manjit Kaur (current CSS Coordinator) will take on Jacqui's role during the recruitment process. Himali Wickramaratne (Long term Banksia staff member), will take on an acting Assistant Coordinator role, to help oversee the daily operations of Banksia. We believe that between Manjit and Himali the smooth operations of all programs will continue.

In response to the increase in enrolments at CSS and higher demand for 1:1 services, we have been steadily recruiting Support Workers who can work across CSS and SIL services. Welcome to all of the new Support Workers at Warrah!

Professional Development

In January all Community Support Services staff attended 2 full days of training facilitated by David Forfar and Alida Pruys. The training delivered was "Every Moment has Potential" - the practical application of Person Centred Practices, and "Zero Tolerance" – understanding abuse and neglect and eliminating the use of restrictive practices. The next training day for CSS staff is scheduled for July.



Group work during the CSS training day

Banksia Garden Project

As I sit and write I can hear a work crew consisting of the Maintenance Team together with Discovery Participants and staff working hard to prepare the site for the new garden at Banksia Community Centre. We are grateful for the donations that made this project possible and excited to see that the work has commenced.

Congratulations to Jamyma Baker

In 2018 Jamyma Baker secured open employment with a large hotel chain in Sydney's CBD. Throughout the year Warrah Community Support Services has been supporting Jamyma as she learned the required skills to independently travel to work and carry out the tasks of her job. Jamyma no longer requires our support. We would like to congratulate Jamyma on her successful transition and wish her all the best for her future.



Jamyma Baker at Barista Course Training at Warrah

CSS and TAFE NSW Working Together

2019 brought with it a new opportunity to the participants of CSS to study up to 2 courses with TAFE NSW on campus at Warrah. There was an enthusiastic uptake across both courses, with a total of 22 enrolments. These courses are nationally recognised training and are delivered part time - 1 day per week. The courses are fully subsidised under Smart & Skilled. TAFE Students at Warrah have access to 2 TAFE teachers as well as their regular staff supports for the duration of the course.

Certificate 1 In Access To Vocational Pathways

This course is being delivered by Jean McGuinness and Michell Flitcroft on Thursdays for 6 months. In a classroom setting most of the time, this course will focus on Job Readiness that may include but not limited to the following topics: Workplace behaviour, workplace communication, workplace signs & symbols, workplace information, job seeking skills, resume writing, cover letters, interview skills, presentation. We are enthusiastic about the opportunity to link this group in with our Work Skills Program that was piloted last year.

Certificate 1 in Work Education

This course is being delivered by Paul Thompson and

James Carrick on Fridays for 12 months. This course has a focus on practical learning and is running on Warrah Farm. As above, this course will focus on Job Readiness that may include but not limited to the following topics: Workplace behaviour, workplace communication, workplace signs & symbols, workplace information, job seeking skills, resume writing, cover letters, interview skills, presentation. We are enthusiastic about the opportunity for members of this course to create an enterprise that they can learn to manage long term.

Alida Pruys

Operations Manager

MOTHERS DAY HIGH TEA

Saturday 11 May
2pm in the
School Hall



RSVP to Frances:
9651 2411
warrah@warrah.org



Warrah School

Following an extended Summer break, we welcomed 18 students back to school with much anticipation and excitement. Not only were we happy to see them again and to welcome our new student, but we were also excited to see their reaction to the latest developments that happened in the playground in January.

The swings, spinners, and musical instruments we longed for were finally installed with financial support from Variety - The Children's Charity, to add to the generous donations and fundraising received. This news was terrific, but we were then thrilled to be offered a full day of volunteer work from Moits Demolition and Excavation Company employees. Around 32 fit, focused and enthusiastic people turned up ready to transform outdoors. Alongside the playground improvements, they also created an outdoor classroom space which we look forward to putting to good use. The photos below will give you an indication of what they achieved one hot sunny day in January.

To top it all off the Dural Men's Shed team came the other day to build a bridge for us as step one of a bigger plan to have the two playgrounds linked. It looks terrific, and the word is that a friendly troll is looking to set up house underneath it soon! Staff, students, and family are so grateful and thrilled at the generosity of all those mentioned above - not only do we benefit significantly from new equipment and activity possibilities but the time and effort given so freely change the whole atmosphere of the school environment for the better and it nourishes our daily work.



Moits employees working hard at Warrah



Thank you Moits!



Students enjoying the new double swing



The spinners have been a real hit in the playground!

Parent Community Initiative

Steve and Tina Malin held a 'Parents' get together in February, which was an incredible success from all accounts and another critical step in building our Warrah School Community. Parents were happy to find a place to meet others, share ideas and experiences and explore ways to support the school and their children's education.

New Curriculum Approach

We have commenced planning for delivering a new curriculum approach that will still meet the individual needs of all students but through more practical and traditional activities.

We have started this term beginning each day with a very active and enlivening Circle time full of rhythm and beat, positive language and song, having a daily introduction to Main Lesson content through storytelling and song, cooking a lunch once a week for all to share, and having whole school outings such as swimming and bushwalking.

In the new program, students will get a lot more individual time to develop and build on strengths and skills while also participating in those activities our philosophy tells us are core to the education and development of young people. These currently include literacy and numeracy, retelling Main Lesson, form drawing, music, weaving, painting, building, gardening, farming, cooking, Life Skills (to enable everyone to do as much for themselves as possible and to take them one step further at each opportunity so they surprise themselves and build confidence).

Later we will introduce more complex activities as well as bring in Eurythmy again, lathe work, puppetry, paper making and more. As part of this exciting program, we will be looking for specialists in crafts and arts to deliver blocks of work so please contact us at the school if you are one of those people, or know somebody. Sailing and another Vision Valley Outdoor camp are on the horizon this term also. We have not been sailing before, so the hope is this will be the first of many such opportunities.

School Leavers Transition

Three students will graduate at the end of this year, so we have begun to put a transition plan in place for each student. We are thrilled to have one student participating in a Certificate 1 TAFE Course preparing him for work – he is excited too! Other steps include community participation, travelling on public transport, social activities in the community, working with money, regular skill development to promote inclusion in work areas, and joining the current Discovery participants in some activities.

We have a dedicated and inspiring team on staff this year, and if the start of term is our predictor, then we are in for a very stimulating and fruitful year.

Jan Fowler
Principal



Zac participating in the Certificate 1 TAFE course

Annual Curative Seminar

16 April – 18 April 2019

**“Inclusion in the
Contemporary Classroom”**

At Warrah Special School

This annual curative conference will be exploring the tasks of the educator, the balance between the individual and the group, and the place of therapies.

The practical 3-day seminar aims to share and grow the body of knowledge, insight and practice in the field of special education from an anthroposophical perspective.

Seminar presenters are currently being finalised.

We welcome Steiner Teachers, Learning Support Teachers, Curative Educators, Therapists and others who support children with special needs and/or learning difficulties.

For enquiries and registration:

Contact Erin Bateman

(02) 9651 2411 or ebateman@warrah.org

Warrah Society

20 Harris Road

Dural NSW 2158

www.warrah.org

Payment Details

Cost: \$400 + GST

Includes 3 full days fully catered

Or \$150 per day + GST

Registration & payment by April 1st

Visa & Mastercard accepted



Community Development

Urban Taskforce Property Person of the Year

The Property Person of the Year (PPOY) charity dinner was held in November, last year at The Ivy in Sydney. This event runs annually and is dedicated to raising funds for Warrah as well as St Vincent's Prostate Cancer Centre. The evening resulted in \$33,626 being raised for Warrah which will be put towards improvements to Warrah's facilities.

Warrah Vehicle Branding

Warrah has introduced a Vehicle Branding Strategy to increase community awareness about our organisation. Last December magnets were placed on Warrah's 22 fleet vehicles. The farm vehicles have Warrah Biodynamic Farm branding.

Christmas Carols at Warrah

Around 240 people attended the Carols at Warrah evening in December last year. The Carols singing was led by students from Redfield College Schola and electric harpist, Taras Jones.



Warrah families and friends enjoying the Carols



Redfield College Schola leading the Carols

Following the carols an excellent supper, prepared and served by volunteers from the Glenhaven Rotary Club was enjoyed by all. The evening was a lovely opportunity for Warrah families, friends and staff to connect and share in the spirit of the season.

Redfield College Community Service Day

A group of Redfield students came to Warrah Special School as part of their Community Service Day in mid-December. They achieved a list of tasks including some hard work clearing overgrown Lantana at the back of Banksia Community Centre. They also planted new trees around campus, cleaned school furniture and tidied the storage rooms in the school. It was a great help, and we look forward to having another group from Redfield College next year.



Redfield College students doing gardening tasks

Annual Christmas Appeal

Warrah's annual Christmas Appeal raised funds to equip and furnish the Discovery Centre for young adults. The new Discovery Centre will fill a real need for young adults with disability in our community, providing larger space and workrooms for activities, as well as an upgraded facility for Short Stays.

The appeal funds will be put towards a range of needs for the Discovery Centre once it is renovated and extended. The requirements include an accessible bed, a portable hoist, some large work tables, desktop computers and media equipment, outdoor furniture, soft furnishings, etc. We will keep you informed about the renovation and extension, which is expected to be completed in the second half of the year.

Playground Improvements for Warrah Special School

During the January school holidays new playground equipment was installed in the grounds of Warrah Special School. The purchase of the double swing set (birds nest swing and single swing) two spinners; a glockenspiel and inclined drum, was funded by a grant from Variety – The Children's Charity, received last year. The installation was funded by money raised by

the 2018 City2Surf Warrah team, comprising of Board Members, Warrah Staff and volunteers. Warrah School staff have already noticed more social engagement facilitated by the new equipment, along with enhanced interaction between verbal and non-verbal students which is a great outcome. The equipment will aid with the sensory and physical needs of school children, after school students and short stay clients.

Volunteers from the Dural Men's Shed have also had a part to play in enhancing the school playground lately. In February, they constructed a wonderful new timber bridge which provides another interactive element in our wonderful natural playground environment.



New sensory feature for the Warrah School playground

Banksia Leisure and Learning Facility

Work has commenced on the new Banksia Outdoor Leisure and Learning Facility. Corporate volunteers from Moits kicked off the project at the end of January, bringing in large excavators to clear the space and lay the rough foundations for the project. The next steps are concreting the foundations, building retaining walls, establishing the timber deck and boardwalk and, undertaking soft and hard landscaping.

Sun Run & Cole Classic Fundraiser

Staff from Multiplex took part in The Sydney Morning Herald Sun Run & Cole Classic on Sunday 3 February. To make their sweat and dedication count, the team raised \$2,255 for Warrah which is fabulous and much appreciated!



Multiplex Sun Run & Cole Classic Team



Spring Fair 2019 Committee Volunteers

Members of the Warrah community are invited to join our 2019 Spring Fair Committee to help plan and organise the event. Can't join the committee? We have lots of other tasks you can assist with!

Please contact Cindy Cunningham on 9651 2411 or ccunningham@warrah.org

Garden Party 50th Celebration

Preparations are underway for Warrah's 50th Garden Party being held on Sunday 24 March. It will be a fantastic occasion, with many families and friends past and present coming together to share stories and memories.



Cindy Cunningham

Community Development Manager



Staff and Volunteers

Warrah Volunteers

We have had several enquiries from volunteers to work on our Biodynamic Farm and at the Farm Shop, which continues to generate interest. Rob and Simon appreciate the extra hands to help, while educating volunteers on our farming methods. Our German volunteers – Philipp, Johanna, Fiona, Luzia, Lucas and Malin, from Freunde Der Erziehungskunst Rudolf Steiner, will be here until August and then we will receive a new intake from September. Monica, who is a volunteer from China, will be here until 6 May 2019. She has just returned from a holiday back to China to celebrate the Lunar New Year with her family.

New Staff

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

Meredith Greenham - Casual Teaching Assistant
 Mary Dawoud - Casual Teaching Assistant
 Edward Dennis - Casual Support Worker
 Warwick Dorrrough - Casual Support Worker
 Eva Asogwa - Casual Support Worker
 Judy Thomas - Casual Support Worker
 Duleeka Ranaweera - Casual Support Worker
 Tina Li - Financial Accountant
 Olabode (Charles) Omotade - Casual Support Worker
 Timothy Chukwudi - Casual Support Worker
 Emmanuel Orachusim - Casual Support Worker
 Nichola (Nicci) Gilmour - Casual Support Worker
 Anastasios (Tas) Ersotelos - Casual Support Worker

Christmas Celebrations

Staff, volunteers, and Board members enjoyed a night of good food and dancing at Warrah's Christmas party which was held at The Madison Function Centre. The night was a fun celebration of all things Warrah and the achievements of staff with the following awards were presented by our CEO and Board member Ross King:

Years of Service Awards

Sandra Quisumbing - 15 years
 Litu Podder - 10 years
 Gesanim Green - 10 years
 Jana Jilecek - 10 years
 Leonie MacKenzie - 10 years
 Yining (Annie) Zheng - 10 years
 Anie Demirian - 5 years
 David Forfar - 5 years

Asish Chowdhury - 5 years
 Julian Baez Avellaneda - 5 years
 Alex Gbeintor - 5 years
 Graham Vanny - 5 years
 Robert Greatholder - 5 years
 Seokjoo (Julia) Kang - 5 years
 Young Cheon Lee - 5 years
 Xiao Hong (Sarah) Hu - 5 years
 Gracious Layweh - 5 years
 Nalini Cooper - 5 years
 Humphrey Obidi - 5 years
 Cesar Wacangan - 5 years
 Susan Dennis - 5 years
 Eva Margaret Rosbottom - 5 years
 Mrinal Kanti Ray - 5 years
 Marivic Aban - 5 years
 Jeong Weon (Jenny) Ju - 5 years

Recognition Awards

Ambassador Award - Julie Scott
 Fixer/Can-Do Award - Alex Gbeintor
 Creative Award - Donna Sherman
 Determination/Stamina award - Leanne Burton
 Extra Mile Award - Laura-Jane Lynch
 Extra Curricular Award - Samuel Day
 Extra Curricular Award - Thanuja Siriwardena
 Good Nature Award - Simon Dunne
 Great Attitude Award - Erin Bateman
 Star of the Year Award - Nalini Cooper



Warrah board members, staff and volunteers at the Christmas Party

Evelyn Bush

HR & Payroll Officer

Positions Vacant



Community Support Services Coordinator - Full Time

Are you looking for something rewarding and challenging? We have a vacancy for a dynamic and flexible Coordinator in our long-established Community Support Services.

Inspired by the philosophy of Rudolf Steiner, Warrah focusses on supporting each person in a holistic way. Working with people who have a disability as well as aging needs, this role will challenge you to think outside the box to ensure the needs of clients are being met.

With well-developed skills for responding to individual needs, you will be committed to supporting each client to develop their own life journey. Ideally, you will have experience working with people who have aging needs. You will possess strong staff management skills.

The role is well supported by a skilled team that includes an Operations Manager, person centred planning and rostering support. Warrah offers a great sense of community with low staff turnover, full range of salary packaging, as well as discounted organic and biodynamic fruit, veggies and other groceries.

For questions or more detailed information on the role please contact Operations Manager, Alida Pruis on 9651 2411.

Applications close on 13 March 2019. To apply please obtain an information package from Evelyn Bush on 02 9651 2411 or ebush@warrah.org

Special Needs Teacher - Full Time Warrah Special School

Warrah is seeking a qualified teacher with the commitment to work with students with Special Needs for 2019. Our preference is for a teacher trained in Steiner Education with a therapeutic/curative approach based on the work of Rudolf Steiner and Karl Konig and ideally someone who has qualifications and experience in working with special needs.

Warrah Special School is a small school set in a rural property amidst other adult services for people with a disability. We teach students from K – 12 complying with all NSW Board of Studies requirements and offering a program rich in creative arts, farming and life skills supplemented with appropriate therapies.

Please forward your application with your resume addressing the selection criteria to Evelyn Bush at ebush@warrah.org

For information on selection criteria and the role please see www.warrah.org/employment or contact Evelyn Bush on (02) 9651 2411.

Come, Little Leaves

“Come, little leaves”,
said the wind one day.
“Come to the meadows
With me and play.
Put on your dresses
Of red and gold.
For summer is past
And the days, grow cold.”

Soon as the leaves
Heard the wind’s loud call,
Down they came fluttering,
One and all.
Over the meadows
They danced and flew,
All singing the soft
Little songs they knew.

George Cooper



Warrah Farm

It is always with a certain sense of relief that we approach this time of year on the farm. The heat and intensity of growth and humidity take its toll on us all, and the plants and animals are no different. It is now that we galvanise ourselves and make the most of the last flush of warm weather, warm soil, and favourable conditions to get ahead so that winter sees the garden productive so we can ensure that we provide beautiful fresh produce for our community.

It has been a mixed spring and summer for us. We have produced some of our best ever tomatoes and amazingly flavourful strawberries, tastes and smells that for me evoke memories of my grandfather's garden and the magic of grazing as you wander about the place. On the other hand, we have also had some failings with our usually consistent leafy greens and a couple of ill-timed heat waves that have really set us back. The added humidity this year has proved tricky for some crops (and people), and our nursery provided a few challenges and setbacks as we tackled irrigation problems and the sheer difficulty of getting reliable germination in extreme temperatures.

Our new polytunnels have performed superbly. By keeping out fruit fly, rain and hail, they have allowed us to grow tomatoes and eggplant in a controlled environment. Once the cherry tomatoes finish up, we will be planting some late cucumbers, giving us an extended harvest well into late Autumn.



Delicious heirloom tomatoes have been popular

We are delighted to announce an exciting collaboration is taking place between Warrah and TAFE as they deliver a Certificate 1 in Work Education with 10 clients over the next 12 months. We are delighted to welcome TAFE teachers James

Carrick and Paul Thompson into the Warrah community as we look forward to many exciting horticulture and construction projects, with many skills and competencies growing along the way. The group will be here every Friday for the whole day, and they are already making a strong impression.

Further client involvement sees our farm skills and nursery groups continue to provide massive help throughout the year. Every Tuesday and Wednesday, we have a team of three come up to the farm to lend a hand and get involved in our day. It is a pleasure to work with the groups and really great to see them take more and more responsibility and care in their work, as they become more confident and familiar with a variety of tasks. The tasks range from propagation, bed preparation, weeding and planting to helping out with deliveries to our co-ops.



Chris working on the farm

Finally, it would be remiss of me not to mention the devastating floods that we are witnessing in western Queensland at the moment. The small trials and tribulations on our little farm seem so trivial in comparison. We have seen the state go from drought to flood in the space of a fortnight with hundreds of thousands of cattle lost and livelihoods ruined. I cannot imagine how hard it must be. Our thoughts are with the communities affected.

Rob Greatholder
Farm Manager

If you would like to subscribe to our farm newsletter
Farm E News
please email farmshop@warrah.org



Warrah Farm Enterprises

Losing our Cool!

Last year's Summer was hot but this year's weather was diabolically extreme in both heat and electrical/rain storms. Everyone struggled, especially the local farmers - including our own Warrah Farm. Our Farm Shop was also affected. The Summer heat created an overload on our local power grid resulting in some power failures and extended black-outs, effecting Warrah and our shop's refrigeration units. So while we love Summer, we now very happily look to welcoming the cooling prospect of Autumn.

This time last Autumn we talked about cooking and eating seasonally fresh food. A Choice survey found that two-thirds of us Aussies consider seasonality when we buy fruit and veg. However, the extreme weather and changing climate brings into question how we look to our seasons in expectation of particular food at particular times. Supermarkets add to the confusion by flooding their shelves with everything, all year round. A University of Melbourne study forecasts that by 2030, some areas in Australia will be too hot to continue growing today's crops. For example, Golden Delicious apples may disappear entirely from regions in Western Australia and Queensland. Mainland wine growers are also busily securing cooler sites in Tasmania.

Autumn: The Cross-Over Season

Autumn is an in-between season. We get a few of Summer's goodies and a bit of new season so, when a shop customer asks in February 'When will summer's beautiful Heirloom Tomatoes finish?' we can't answer definitively, even for our own delicious Warrah Farm Tomatoes! Our answer is to consider trying to keep them edible for longer, and here's the tip... 'Always try to store tomatoes at room temperature: they taste much better, and if they get too cold, the flesh starts to "freeze" and will become mushy.'

We have been enjoying those seasonal delights of Muscat Grapes from Robinvale Biodynamic Vineyards, but they won't last, along with the sensational stone fruit. Crispy new season Gala apples arrived in February and Valencia oranges will only get sweeter. After the last smoldering days of Summer, figs are ripening on Warrah's few trees! The shop staff shared biting into a

massive Warrah fig, bursting at the seams with sweet ripeness and its rosy, honeyed flesh...yummm! Warrah-grown greens such as Asian pak choi will be available, and Mt Whitestone Biodynamic grown broccoli and cauliflower will start arriving in April.

Co-Operative Boxes

Warrah Farm Enterprises is growing its co-op market. Glenaeon School has recently become a delighted customer, and the Glenaeon Pre-School has also decided to join up. If you are interested in starting a local food co-op, please call us on 02 9651 3869.

Warrah and Our Farm Celebrates

Warrah Farm is now celebrating 25 years of Biodynamic Certification, and Warrah is celebrating 50 Years in March.

We at Warrah Farm Shop are very proud to be part of these milestones at this time of Warrah's continued growth and success. Happy Autumn Harvest!

From The Farm Shop Team

Autumn Produce in Store

Greens:

Cos Lettuce, Coriander, Basil, Black Kale, Curly Kale, Parsley, Rocket, Baby Spinach, Salad Mix, Silverbeet

Veggies:

Green Beans, Beetroot, Broccoli, Green Capsicum Red Capsicum, Carrots, Red Chillli, Lebanese Cucumber, Corn, Daikon, Eggplant, Fennel, Garlic, Ginger, Leek, Mushrooms, Brown Onions, Red Onions, Spring Onions, Snow Peas, Dutch Cream Potato, Sebago Potato, Sweet Potato, Butternut Pumpkin, Jap Pumpkin, Radish, Rhubarb, Sprouts, Cherry Tomatoes, Gourmet Tomatoes, Roma Tomatoes, Turmeric, Zucchini

Fruits:

Fuji Apples, Grapes, Granny Smith Apple, Royal, Gala Apples, Apricots, Hass Avocados, Cavendish Bananas, Lady Finger Bananas, Lemons, Limes, Nectarines, Valencia Oranges, Papaya, Peaches, Pineapples, Plums, Strawberries, Watermelon

Community Education Courses & Workshops Term 2 Guide 2019

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
7/05/2019 - 25/06/2019
1.30 pm - 2.30pm
Venue: Diramu
Course Fee: \$60



Social music is about coming together in a creative space to make music with old friends and new. A variety of musicians, as well as the musically minded will lead and 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.

Dance for Fitness

Facilitators: Active Ability
8 Weeks - Thursdays
9/05/2019 - 27/06/2019
1.00 pm - 2.00pm
Venue: Diramu
Course Fee: \$167



Dance has always been a part of human culture, and we're inviting you to come and dance with us to get fit! Dancing can be a way to stay fit for people of all ages, shapes, sizes and abilities, and improves the body's flexibility while developing upper and lower body strength. This will be a fun course led by the exercise physiologists from Active Ability.

Felted Fashion

Facilitator: Julie Scott
8 Weeks - Thursdays
9/05/2019 - 27/06/2019
10.00am - 12.00pm
Venue: Diramu
Facilitation: \$168
Materials: \$20
Total course fee: \$188



Felt making is an ancient craft, dating back to the beginning of civilization. Pure wool fibres are felted using moisture, friction and heat. After learning the basics in this course, participants will work on creating wearable take home pieces such as a scarf, hat or jewellery.

Cooking Around the World

Facilitators: Various
8 Weeks - Tuesdays
7/05/2019 - 25/06/2019
10.00am - 12.30pm
Venue: Banksia Community Centre
Facilitation: \$168
Materials: \$40
Total course fee: \$208



You're in for a treat! Drawing on Warrah's amazing cultural diversity we would like you to imagine you are on a culinary trip around the world. What will you learn to cook each week - will it be paella from Spain, sushi from Japan, pierogi from Poland or a korma from India? Come along to find out.

Occasional Accommodation

Warrah has a small, self contained cabin on the Harris Road Campus that has occasional availability for overnight stays for family members of Warrah residents only. A fee of \$80 per night is payable plus a one-off cleaning fee of \$50 .

Please contact Frances for details of availability, bookings and payment at fprior@warrah.org

OPEN YOGA CLASSES STARTING AT WARRAH

Maria Jaackson is mother to Shelby who participates in activities at Banksia. The classes will be suitable and enjoyable for all ages and abilities, and will be open to Warrah staff, all family members and carers, and the broader Warrah community. Classes will run from the main Warrah campus at 20 Harris Road.

Benefits of a regular yoga practice include: *Greater flexibility and strength, Increased mobility, Mindfulness, stress reduction and more.*

Monday 9.30-10.30am
Tuesday 9.45-10.45am
Tuesday 6.00-7.00pm
Wednesday 5.30-6.30pm
Thursday 3.45-4.45pm
Friday 9.45-10.45am

A minimum of 5 students is required for the class to be scheduled.

Pricing

10 class pass \$160 (20% discount)
Casual class \$20

Text 0420 432 407

Email mariajaackson@gmail.com

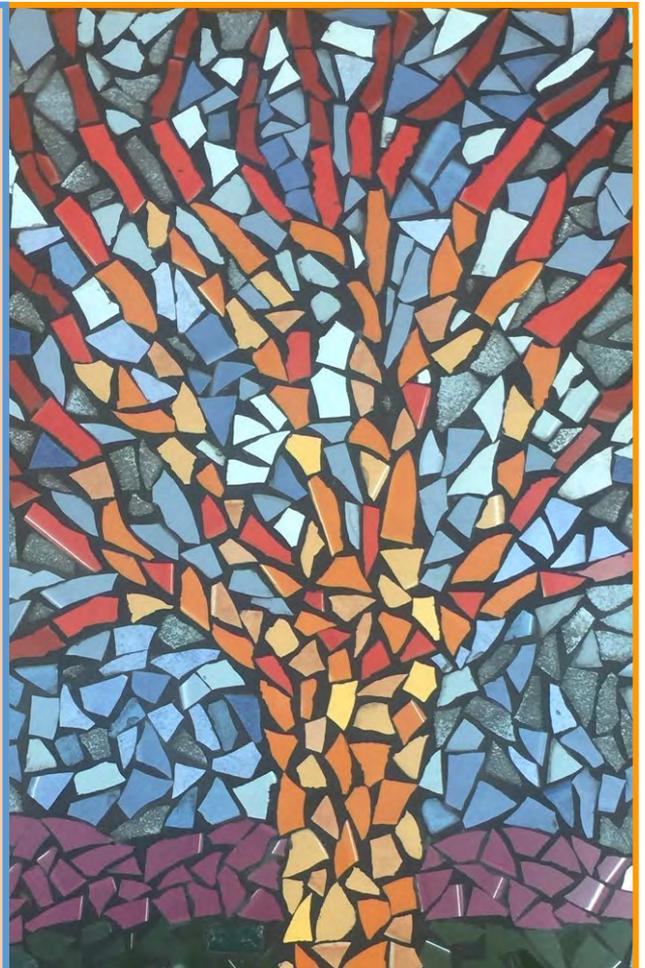


Once as I travelled through a quiet evening,
 I saw a pool, jet-black and mirror-still.
 Beyond, the slender paperbarks stood crowding;
 each on its own white image looked its fill,
 and nothing moved but thirty egrets wading -
 thirty egrets in a quiet evening.

Once in a lifetime, lovely past believing,
 your lucky eyes may light on such a pool.
 As though for many years I had been waiting,
 I watched in silence, till my heart was full
 of clearing dark water, and white trees
 unmoving,
 and, whiter yet, those thirty egrets wading.

Judith White

Artwork by Bradley Hegner



Celebrating 50 Years:



**1969—Warrah’s first building,
Waratah Cottage.**



**1970—Warrah’s first school
building, later becoming the
Nordoff-Robbins Music
Therapy Centre.**



**1975 - Warrah’s
first Farmer, Dick
Pruys on his tractor.**

Building a Campus

1981—Warrah's School was built.



1981—Mac's Cottage was built (named after Mac Bumpstead).



1982—Aerial view over Warrah's property.



1987—Warrah's current swimming pool was built. It was opened by Olympian Michael Delany.





WARRAH

BIODYNAMIC FARM

WARRAH FARM SHOP

Fresh Produce, Groceries,
Dairy, Meat and Poultry.

All certified Organic
and/or Biodynamic.

Monday to Friday: 9am - 5pm

Saturday 9am - 3pm

20 Harris Road, Dural 2158

Call 9651 3869

All profits go towards Warrah's
services for people with disability.

www.warrah.org