

**WARRAH**

LIVING LEARNING GROWING

50 YEARS 1969-2019

# SPRING 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

### Spring Picnic & Eurythmy Performance

(for Warrah families)

Sunday 27 October

### Eurythmy Performance

(for Day clients and students)

Monday 28 October

### Arcadian Artists Exhibition

Saturday 9 - Sunday 10 November

### Carols at Warrah

Friday 6 December



*Front Cover - Spring flowers by  
Trudy Peek*

## Spring Holidays

**School** - Last day of Term 3: 27 September

First day of Term 4: 14 October

**Farm Shop** - Closed Monday 7 October

(Labour Day Public Holiday)

**Office** - Closed Monday 7 October

(Labour Day Public Holiday)

**Community Support Services** - Closed  
Monday 7 October (Labour Day Public Holiday)

### CONTACT US

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**[www.warrah.org](http://www.warrah.org)**

## From The Executive

The Executive have been working on plans for the financial year ahead and will be taking part in Strategic Planning sessions over two days, with Warrah's Board of Directors in September. With a new Farm Manager on board, we have been impressed at how smoothly things have transitioned, with the team working well together and beds in the fields looking full of leafy produce. It is an exciting time of year, with the farm coming alive with the change of seasons.

### New Program

Rob will return from leave in his new capacity as Senior Coordinator – Therapeutic Gardening and will begin a new program developing and implementing therapeutic gardening and farming. This program is a significant step for Warrah in terms of further recognising that, with the right approach and skills, Warrah's unique environment offers many opportunities for social therapeutic experiences and learning spaces for our clients and community members. Keep your eyes on the spiral garden over the next few months!

### Farewell Volunteers

Our six German volunteers leave us after their 'gap year' at Warrah, and we wish them every success in their future studies and work. A new group of four volunteers from the Friends of Waldorf Education initiative will join us in early September, and they will all work in the school during term time. This is an excellent program and makes a significant contribution to the work we offer the students and support to staff.



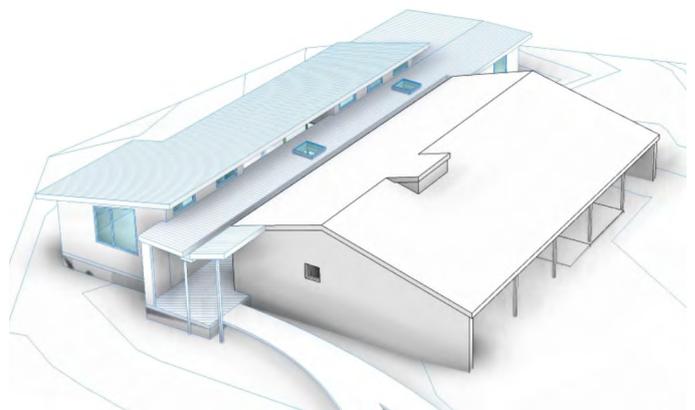
*Johanna, Lucas, Fiona, Malin, Luzia and Philipp*

### Discovery Centre – Development Approval

We are pleased to report that Hornsby Shire Council has approved the Development Application for major extensions and modifications to the Walumeda building. The building has been the base for the

Discovery group of young adults making the transition to adult life. The building has also been home to Warrah's Short Stays, for people with disability who live with their families and would like to spend some independent time away from home.

The additions to the building will see significantly improved accessibility: additional workrooms, an accessible bathroom and bedroom, with some improved outdoor spaces. The 2017 Property Person of the Year, Sarkis Nassif of Holdmark Constructions has committed to delivering this building project and the process to facilitate this has commenced. The *Discovery Centre* fills a real need in our community, accompanying young adults with disability as they build their capacity for self-determination and independence in adult life.



*Extension plans for new Discovery Centre*

### Spring Picnic and Eurythmy Event

This year we will be hosting a special Spring celebration for our community and families on Sunday, 27 October. This event will involve a picnic and Eurythmy performance brought to us by the Light Eurythmy Group from Arlesheim/Dornach, Switzerland. They are a professional group who perform internationally in a variety of languages. They perform a wide range of works from Peter and the Wolf, A Midsummers Night's Dream to music by Brahms, Beethoven, Mozart and contemporary composers. Put the date in your diary!

This will be a unique event and another opportunity to celebrate 50 years of Warrah. Further details will be sent to Warrah families, with an opportunity to order picnic baskets. There will be another performance the following day for school students and clients in Community Support Services.

Wishing you all warmer days, some rain to help the farmers and our gardens and time to appreciate the colours and flowers that appear with Spring's arrival.

**David Forfar, Jan Fowler, Craig Gouws**  
Warrah Executive



## Winter at Warrah

Dear Friends of Warrah,

What does it take to produce a fertile and strong seed? This is such an inspiring question, as we all depend entirely upon Mother Earth, with her plants, her animals and each other as her human beings. So too we are all totally dependent upon the sun and clean, productive soil, the stars, the bees and the blessed rain for the production of fertile seeds for our daily bread, season after season, year after year.

For us all to survive, it requires never-ending love to pour down from the Universe in known and unknown ways, which we “moderns”, who share in the bounties of nature and most importantly the life-giving water, taken for granted as we waste it down the plughole. We have all but forgotten our heritage of lovingly and responsibly caring for our paradise home and one another.

In the wild, particular species will only survive in an environment to which it is accustomed, and their survival throughout every stage of growth relies upon good conditions and good human husbandry. Only now are we acknowledging the six seasonal changes belonging to the Australian continent, instead of seeing things through established Northern practices and perceptions alone.



*Beautiful lavender blooming on campus*

To harvest the best requires thorough preparation throughout the year, with knowledge and understanding of farming methods, great vision and patience, an overview of the whole and the courage when it fails to rain, having prepared with proper

management to drought-proof for the future where possible. Only then the future of any enterprise, on so many levels, can be secured in part.

When Karl and Hannelor Kaltenbach with baby Gilchrist stepped up to take upon themselves the destiny impulse of what we now perhaps take for granted, as Warrah, there was nothing much here but beautiful nature herself. Tilling the very soil of, both physical and spiritual ground were the starting points and gradually with other willing hands, hearts, knowledge and needed expertise of Rudolf Steiner's Curative Education, 50 years of growth began.



*Brayden enjoying the lovely setting of  
Spring time at Warrah*

Down through those half-century years, three Chief Executive Officers, Karl Kaltenbach, Patrick McDonald and Georgina Michaelis put their shoulders to the Anthroposophically inspired wheel for development and strengthening of the fertile seeds for Curative Education and Social Therapy practices, which is Warrah as we have come to appreciate it. Gradually under their guiding hands, these three passionate and spiritually dedicated leaders took upon themselves the massive task of continual progress and development, fertilizing the seed bank of the impulse of what we continue to enjoy and experience as Warrah Society, a Rudolf Steiner Organisation for Social Therapy for our present times.

It takes a particular kind of courage, strength of purpose and foresight to carry such a seed through its stages of sacrifice, growth and fruiting into its new seed for life and for which we can be so grateful. This is the journey thus far travelled for those in the Warrah Community in need of special care.

We look forward to the beauty of the coming spring and pray for rain.

**Rosalind Pecover**  
for the Warrah Council

# Celebrating 50 Years: Warrah in the Nineties

- Liz Hamilton -

***Liz Hamilton was a significant member of our staff team for over 35 years. As head teacher, Liz had a unique insight into the Warrah community, particularly at Warrah School. Liz shares her memories of her time at Warrah.***

I wish to send my blessings to Warrah for this 50<sup>th</sup> birthday milestone! I am personally very appreciative of all that I learned at Warrah, from when I started work there in 1975 until my retirement in 2011. I especially wish to acknowledge Hannelor and Karl Kaltenbach for their amazing vision and dedication which inspired me and so many others!

I have been asked to share my memories of Warrah in the 1990s. I experienced Warrah change from an idealistic Steiner spiritual community where everyone lived on the property and operated as a large family -to the more structured organisation one sees today. In the 90s, I feel Warrah was in quite an ideal creative zenith.



*Liz during a performance in 1996*

I will speak about Warrah School out of my training in the 'Steiner Curative Education and Social Therapy' course. I gave educational cultural experiences to students appropriate for their age, delivered artistically through Eurythmy, movement, painting, sculpture, crafts, stories, poetry, music and drama. In this creative way, the students learned various life skills within a rich and soul nourishing environment.

During 1991- 2001 I trained part time in 'Steiner Speech and Drama of the Creative Word' while teaching at Warrah. My tutors included Annika Andersdotter, Martin and Josefin Porteous as well as many others. I directed and produced plays with staff at Warrah as well as my school classes. I adapted roles for each individual to use their gifts in each production. We had quite a lot of fun!

***“The 90s were really a wonderfully enriching time! All of these great souls were my teachers, and I feel humbled to have shared a part of their lives.”***

The Warrah festivals were marked with 'St George and the Dragon' in autumn, 'The Sacred Flame' in winter, 'Persephone' in spring and 'The Wise Men's Well' for Christmas as well as Nativity pageants.

I abridged Shakespeare for my classes, with memorable performances of 'Romeo and Juliet', 'A Midsummer Night's Dream', and 'A Winter's Tale'. We performed the Grail saga of 'Parzival', Arthurian legends, Tales of Charlemagne, Greek, Aboriginal, Native American and Maori myths and more!

The 1990s were really a wonderful enriching time! All of these great souls were my teachers and I feel humbled to have shared a part of their lives.

***Liz Hamilton***



## Warrah Specialist School

As Spring calls us, we can reflect on what has been a busy time with students and the earth. Many bulbs were planted at the Easter Festival, and we are now seeing them emerge from the cold towards the sunlight. Our sensory garden is so lush with growth, passionfruit and thriving trees. It is with great excitement we took responsibility for the strawberry patch on the farm and have built that into our daily work.



*Students feeding the animals and helping at the Farm Shop*

With two students graduating at the end of the year, we have begun working to prepare them for life after school. Warrah has the unique opportunity to facilitate a transition to community programs and opportunities, and our graduate's value this. We are working to provide them integration with school leavers programs, integration into some community work, supported work employment and life skills. Transition can be a challenging time for our students, and we continue striving to improve our support in this area.

Staff wished Bridget Storey well as she went on maternity leave in late July and we congratulate her and her partner on the birth of a beautiful boy.

We welcomed two part-time assistants to cover Bridget's maternity leave and are thrilled that Nathalie and Robert have settled in quickly and have brought their skills and experience to the students. Our team is thriving in the delivery of our new curriculum and bring energy, ideas and skill to the work. Of particular note is the new weaving program running for school students and adults at Warrah. We were very grateful to be offered the expertise and time of Maryanne from the Master Weavers Guild as well as time and materials from other Guild members.



*Chloe enjoying the weaving program*

The school hosted a delegates meeting for Steiner Education Australia (SEA) which was a very rich weekend of sharing and learning. Perhaps more inspiring was the feedback from participants following a tour of the campus. People were positive and thrilled to see the breadth of what Warrah offers with comments about the sense of welcome and the calm, warm mood and atmosphere throughout the place. It is encouraging to have events like these as they put Warrah School out into the world, which is one of our goals. We want to grow numbers and offer our great new program to more students, so we will be focusing on this in the coming months.



*Mr Chris Jack presenting to the SEA Delegates Meeting*

Weekly community outings have included regular visits to the local library as well as bush walks, nature trails and parks with climbing activities and space for ball games. The newly introduced T-Ball is proving to be very popular with our students.



*Lots of smiles and fun playing ball games*

The school was supported by Board members, parents and staff from Multiplex as well as others who participated in the City2Surf this year. The money raised will be put towards our weaving and woodwork program, as well as play equipment. We are incredibly grateful for the effort and commitment to support of our work.

We are looking forward to warmer days and the opportunities that come with them.

**Jan Fowler**  
Principal

### Spring

All day long that magician  
a warm west wind  
has been turning the trees  
into waving wands  
and causing the leaves and flowers  
or is it handkerchiefs of colour  
to appear from out of  
nowhere.

*By Andrew Hoy*

## Vision Valley Excursion

At the end of August Warrah students once again visited Vision Valley for a day of outdoor adventure based fun. They were accompanied by a group of students from Redfield College who assisted our students with activities including archery, abseiling and canoeing.

These days offer our students an opportunity to gain from the momentum a larger group can build, making it easier for them to join in and enjoy the activities. This ongoing relationship with Redfield College is proving to be a valuable experience for all involved.



*Students are mastering the skills of archery*



*Lucas and Brayden canoeing*



*Warrah and Redfield students together*



## Disability Services

### Disability Services

Crisp mornings and sunny days are the flavour as I write this Spring News report. At Warrah, we have a small family of Plovers, making themselves well known to those who venture near them, and the Jasmine is beginning to flower. These signal the beginnings of Spring and my favourite time of the year at Warrah as everything looks it's most stunning.

We are planning a picnic and Eurythmy Performance with Warrah families to celebrate Spring, which will be held in October.

### Vale Alexander "Sandy" Marshall

It is with a great deal of sadness that we communicate the passing of Sandy Marshall, who passed away mid-June after a lengthy battle with cancer.

Sandy was a valued member of Warrah's community for many years and will be dearly missed by all that came to know her. We will remember Sandy fondly for her contagious smile, her love of sports and animals, and the joy she brought to each day.



*Sandy and her beautiful smile will be sadly missed*

### Weaving Program

We have invested in our new weaving program which has commenced in the Kinta building and have purchased some beautiful new looms.

The program is supported by some wonderful volunteers, from the Master Weavers Guild who have exceptional skills. This activity is bringing some much-needed life to this building, and it is lovely to watch the intergenerational mix with the adult participants and the school students working together.

### Therapeutic Gardening

I am pleased to welcome Rob Greatholder, Warrah's former farmer, to the team as the Therapeutic Gardening Coordinator. This newly created role has a project focus which sees Rob researching the best ways in which Warrah can bring therapeutic gardening to the disability space. As part of his brief, Rob is also responsible for bringing some home gardening into our supported independent living homes. This work has commenced at Jacaranda and Tallowwood.

### David Forfar

Executive Manager, Disability Services



## Supported Independent Living

We've had lot's going on in our Supported Independent Living homes, from holidays and dog walking to trips on the new metro!

### Redgum

Nicholas, Greg, Matthew Kerr and Matthew Owens have been going out in the community a lot, visiting places that they enjoy, having meals at various restaurants – their latest favourite is 'Pie In the Sky'. Matthew Kerr and Matthew Owens are going away on holiday to Port Macquarie in early September.



*Greg enjoying a day out at the Rose Gardens at Roxborough Park*

### Wattle tree

Natasha, Karen, Caroline, Lyndal, Jenni and Rebecca have been going on some lovely outings, enjoying going to see the latest movies, visiting fairs and markets, as well as day trips to the city. Natasha has been enjoying doing her Dog Walking Program, which she tells us is the most enjoyable day of the week for her! Karen Lau is participating in travel training as part

of one of her goals. All the ladies love to enjoy birthday celebrations. Happy Birthday to Jenni and Lyndal who both recently celebrated their birthday!

#### *Glenny*

Fiona has just returned from a holiday to Canada to visit her family and Chris is considering his options for an overseas holiday. Belinda continues learning to drive a car and is enjoying monthly visits to her sister's place in Pitt Town.

#### *Orana*

Nichols, Kate, Danny and his father Alan with Ranjan enjoyed a trip on the new Metro train. John Paul and Kate enjoyed another holiday to Seal Rocks, which went very well. All Orana residents enjoyed attending Jazz at the Pines and weekend picnics.

#### *Waratah*

Kevin, Grant, Philip, Rohan, Simon and Adrian have been getting out in the community. Waratah clients have been attending Church on Sundays and Philip has started going along to Dulkara (Inala's Centre for Life Skills and the Arts) a few days each week.

#### *Jacaranda*

Joanne, Lynda, Peter, Charles and Robert have enjoyed their activities at home on Wednesdays, which is facilitated by the CSS team. This allows residents to have a slower-paced and relaxed morning. Being able to minimise travel time and transfers helps to maintain enough energy to participate actively in the outings that happen. It's been a long time in development, but the changed model of service is paying off.

#### *Tallowood*

Sam, Sarah, Stephen, Meilta and Donna have all enjoyed many outings in the community lately. A favourite excursion was a trip all residents enjoyed to Cockatoo Island. We have continued enjoying hosting the other Warrah houses for dinner and showing everyone our lovely new home!



*Sarah, Stephen and Sam enjoying some fresh air at Cumberland State Forest*

#### *Greenway*

Everyone has enjoyed visits to the Central Coast and Warragamba Dam for picnic lunches. On the weekends, residents all enjoy choosing destinations for outings. Residents have also liked celebrating birthdays with a nice dinner out to local restaurants.

#### *Emily*

Trudy enjoyed a lovely cruise and wants to go again. Michael is heading to Batemans Bay at the end of the month, and Kate has had a fantastic holiday to Magnetic Island to visit her brother Stewart. Nicole has been enjoying going to a club to listen to her favourite band.

Nicci is pursuing an office administration job and has been volunteering at the Warrah office on Fridays and doing an excellent job! Nicci now has a laptop of her own and will be going along to an employment group to help her with her employment goals. We have all enjoyed outings to Bilpin Fruit Bowl and a drive to the Central Coast plus lots of other places locally. Trudy, Michael and Kate enjoyed a night of jamming with the Torrs Group.

#### *Torrs*

Everyone has settled in well and are proudly representing Warrah as the 'youngster's house'. We have all enjoyed lots of activities including playing soccer on Saturdays, basketball on Tuesdays, trips to the city, going to festivals, pizza night at the club, BBQ'S at Torrs with other Warrah residents, doing arts and crafts with the hope of holding a stall at a later stage. We continue to learn sign language so that we can all communicate together. Emily, Terry and Megan have been volunteering at the Blacktown Animal Shelter and upskilling themselves for looking after pets. Recently, we all enjoyed joining in with Emily Cottage for a jam session on a Friday night.

#### *Macs*

Stephen went on an overnight stay in Newcastle this year and enjoyed catching up with family members. Ann enjoyed going to the Opera house to see a musical performance and Ingrid has enjoyed helping with the shopping and has been doing a great job with this! David and Richard enjoy their usual Saturday morning trip to the café. Everyone enjoys attending Jazz at the Pines and going to markets and fetes.

When we engage with our residents and involve them in day to day activities, the outcomes show for themselves, doing with and not for. You only need to look at the pride and enjoyment on everyone's faces.

**Sandra Quisumbing**  
Senior Coordinator



## After School, Short Stay Accommodation, Saturday Program and In-home Support

All services operating under the After Hours Program banner enables young people with disability with similar interests and abilities to gather, form friendships, experience adventures, have fun and develop capacity in many areas of life skills.

Regardless of what After Hours Program our young people are participating in, it will include a balanced of outdoor exercise, structured activities and enjoyable community outings. Every activity and outing is carefully designed to spark imagination and encourage lifelong positive values.



*Luke and Ben at a community festival in Blacktown*

In the last three months, we have enjoyed a wide range of indoor and outdoor activities such as supermarket shopping to organise, prepare and cook meals. Cleaning up; sensory play; water play; and indoor and outdoor recreation like basketball, playing board games and walking around Warrah's picturesque campus have been enjoyed by participants.

Our staff team are friendly, supportive, knowledgeable, skilled, experienced, approachable and are always willing to grow and learn beside clients. We can provide one-on-one support, depending on your family member needs and support requirements. Our catchphrase for Warrah After Hours Programs is 'socialise, meet other young people and have fun!'

If you or someone you know is interested in any of these services, please contact me on 9651 2411.

**Michelle McKenna**  
Senior Coordinator

## Supported Independent Living Vacancy in Baulkham Hills



Warrah currently has a vacancy in one of our supported independent living homes in Baulkham Hills. Please have a look at the details below or by going to <https://gonest.com.au> and searching 'Baulkham Hills'.

This is an older style home which has been freshly painted throughout. It is clean and tidy with a pool and spacious living areas. It is a spacious home with 6 bedrooms and 2 bathrooms. The house is also very close to public transport.

### *Property Features*

This is a two storey property and the room is located on the first floor. There is stair access to the property. The house has air conditioning and heating.

Outside there is a secure backyard, deck/veranda, outdoor living/entertainment area and a fully maintained in-ground pool.

The room available has a built in robe and direct access to a sunny deck. The bathroom, living spaces, kitchen and laundry are all shared areas. There are four other residents who have all recently moved out of home for the first time. This home would be ideal for someone between 18 and 30 years old.

This property is registered for Specialist Disability Accommodation (SDA) at the basic category.

### *Contact Information*

If you or someone you know might be interested in this property, please contact Senior Coordinator, Michelle McKenna on 9651 2411 for further information.



## Community Support Services

### Community Courses

Term 3 Community Courses and Workshops have commenced, and it is great to see such enthusiasm and enjoyment. Participants in the Introduction to Clay work course are practising their foundation skills, preparing to create some real masterpieces. Tai Chi is in full swing, and it is refreshing to see some different people trying new activities. As usual, our popular Social Music course is bursting at the seams, this term facilitated by Emmanuel, an enthusiastic fiddle player with a wealth of experience facilitating similar music sessions.

Enrolments are open for Term 4 courses, with a great variety of offerings available. If you would like to enrol or have any questions about the courses, please contact Alina Cassin on 9651 2411.



*Rohan glazing his new bowl at the clay work course*

### Holiday Program Highlights

Both staff and participants had a great time together during our two weeks of recreational Holiday Programs in late July. Definite highlights were our Bollywood day, externally facilitated Zumba and Yoga sessions, mandarin picking, and visiting the Naidoc week exhibition at the Gosford Regional Gallery. The Holiday Program wrapped up with a big Christmas in July celebration where we feasted on a delicious Christmas lunch and sung festive songs into the afternoon.

Other recent initiatives that have been a highlight include:

- The Biggest Morning Tea, hosted by the team at Waaia Café, which raised money for cancer research.

- Woolworths Earn and Learn promotion, with many CSS participants collecting and sticking over 6,600 stickers onto collection pages which will contribute to new sporting equipment for Warrah Specialist School. Kelsie, David, Andrew and Sam proudly handed over the stickers to the school during one of their morning assemblies.
- The extension of the Farm Shop range to include a display of artworks, clay work and candles, produced by Warrah artists. Thank you to the Farm Shop team for supporting our talented artists!
- Preparation of pickles by the young adults in the Discovery Program, for a Warrah stall at the upcoming Lorien Novalis School Spring Fair.

We have had to farewell two of our participants recently as they have decided to have a sea change. We wish Bradley and Nathan all the best for their new life up the coast!



*Discovery participants labelling the pickle jars for the Lorien Novalis School Spring Fair stall*

### TAFE Update

The Certificate 1 in Work Education group is working full steam ahead with Warrah Farm's new chicken coop, and it's looking amazing! With this level of workmanship, we can't wait to see how they tackle the new therapy garden with Rob Greatholder.

The participants from our Semester 1 Certificate Course in Access to Vocational Pathways are now participating in a TAFE Statement in Educational and Employment Pathways. The Statement is run through Hornsby TAFE and is an immersive experience for the students to be in a learning environment. We wish them all the best for this next phase of their learning.

### Arcadian Artists Trail

We are delighted and honoured to be exhibiting our participant's artwork as part of the Arcadian Artists Exhibition and Art Trail again, for the third year. Eight studios along the 'trail' are open to the public in the

Dural, Galston and Arcadia areas, with 50 artists exhibiting and selling their unique artworks.

The event will take place on the weekend of November 9 and 10 from 9.00am to 5.00pm. This year, Warrah's exhibition will be hosted at Diana Booth's studio, 'The Stable' at 2 Laurie Road in Dural.

Arcadian Artists is an excellent opportunity to showcase the talent of Warrah's artists and promote the services that we offer to people with a disability. To find out more visit [www.arcadianartists.com.au](http://www.arcadianartists.com.au)

### Riverside Theatre

A long-standing network we are proud to be involved in is the 'Beyond the Square' drama workshops run through Riverside Theatre. This program provides people with a disability to directly participate in performing arts activities and creating artistic works. This year we have five CSS Participants involved in the program.



*Miguel at a Riverside Theatre drama workshop*

While the performers are the soul of the production, the audience is the heart, so would love you to share in their success by attending their end of year performance at Riverside Theatre in Parramatta. The final performance will be delivered on Wednesday 27 November at 11.00am. Tickets will be available for purchase in October. Get in early to avoid disappointment as last year's show sold out! For further information and booking tickets, refer to the website: [www.riversideparramatta.com.au/show/bts/](http://www.riversideparramatta.com.au/show/bts/)

### Alida Pruys

Operations Manager

*'We can find Nature outside of us only if we have first learned to know her within us.'*

*- Rudolf Steiner*

### Artworks For Sale

The Warrah Farm Shop has extended their range to include paintings, candles and pottery produced by Warrah clients! Here are some of the items available:



*Clay masks*



*Candles*



*Pottery*



*Paintings*

## Community Education Courses & Workshops Term 4 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

Facilitators: Various Musicians  
8 weeks - Tuesdays  
22/10/2019 - 10/12/2019  
Time: 1:30pm - 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.

### Aqua Aerobics

Facilitator: Active Ability  
8 weeks - Fridays  
25/10/2019 - 13/12/2019  
Time: 1:00pm - 2:00pm  
Venue: Warrah Pool  
Facilitation: \$168  
Materials: \$40  
Course Fee: \$208



Aqua Aerobics is a great way to socialise and stay fit. This popular course is run at Warrah's fully accessible and heated pool. The pool also features a ramp with rails and a hoist for those who need it. Join this fun and popular course this term.

Active Ability are accredited exercise physiologists and bring a wealth of experience working with people who have a disability. This course will be delivered by Nadia.

### Christmas Fare

Facilitator: Various  
8 weeks - Tuesdays  
22/10/2019 - 10/12/2019  
Time: 10:00am - 12:00pm  
Venue: Banksia Community Centre  
Facilitation: \$168  
Materials: \$50  
Course Fee: \$218



Come and join us to kick off the festive season! In this fun, interactive and creative course you will be assisted to make some Christmas favourites; from Gingerbread to truffles, decorations and gifts. You will walk away with perfect contributions to your Christmas celebrations.

### Strawberry Fields

Facilitators: Farm Staff  
3 Weeks - Wednesdays  
04/12/2019 - 18/12/2019  
Time: 9:00am - 3:00pm  
Venue: Warrah Farm  
Facilitation: \$54  
Materials: \$15  
Course Fee: \$69



Summer is strawberry season at Warrah and if you've never tasted a warrah strawberry before, you're in for a treat! Come and pick strawberries fresh from the farm and learn each week to make delicious strawberry treats including jam, sorbet and smoothies!

### Pastel Landscapes

Facilitator: Julie Scott  
8 Weeks - Thursdays  
24/10/2019 - 19/12/2019  
Time: 10:00am - 12:00pm  
Venue: Banksia Art Studio  
Facilitation: \$168  
Materials: \$20  
Course Fee: \$188



Drawing on Warrah's landscape and where possible other outdoor locations, our art facilitator will guide participants through several pieces while learning to create with soft and oil Pastels. The course will include take home pieces and an exhibition of works in Warrah's gallery for family and friends.



## Staff and Volunteers

The German volunteers have been here for 11 months now, and sadly their volunteer year is coming to a close. We appreciate all the different ways that Johanna, Philipp, Lucas, Luzia, Fiona and Malin have contributed to the organisation and wish them all the best for their future studies. A farewell movie night and dinner was held for them on Sunday 18 August to say goodbye.

Glenhaven Rotary Club once again hosted a student from Siberia, Evgeniia, and asked us to spend a week giving her an overview of Warrah. She joined us early in July to learn all about Warrah, and all the different areas of the business. There are also regular offers of helping hands to work on our biodynamic farm, which is much appreciated, especially around harvest time.

### New Staff

Below is the list of new starters who became part of Warrah staff:

Steven Tennikoff	Farm & Grounds Assistant
Stephanie Hazelwood	Shop Assistant
Cameron Quilty	Farm Manager
Mehr-un Nisa Khawar	Roster Coordinator
Jaroslava Patzelt	Casual Support Worker
Chinaza Anagboso	Casual Support Worker
Nkosilathi Mwanza	Casual Support Worker
Xiaohua (Coco) Chen	Casual Support Worker
Onyedikachi (Daniel) Nwaigwe	Casual Support Worker
Chidera Kenneth Njoku	Casual Support Worker
Nathalie Caminada	Casual Teaching Assistant
Robert Larkins	Casual Teaching Assistant
Sally Bierman	Teacher

## Thank You to Our Volunteers

It's with sadness we say goodbye to Philipp, Johanna, Fiona, Luzia, Lucas and Malin. Thank you for your wonderful contribution to Warrah!



# Positions Vacant

## Supported Independent Living Coordinator Full-Time Permanent Position

Are you looking for something rewarding and challenging? We have a vacancy for a dynamic and flexible Coordinator in our long-established Supported Independent Living services.

Working with people who have complex needs, this role will challenge you to think outside the box to ensure the needs of residents are being met. With well-developed skills for responding to individual needs, you will be rewarded by developing a team of support staff who can manage intense situations when they occur. You will be committed to supporting each resident to develop their own life journey. Ideally, you will have experience working with people who have complex needs, including challenging behaviour, and will understand how to manage risks.

The role is well supported by a skilled team that includes health care coordination, person-centred planning and rostering. Warrah has 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 more information, please contact David Forfar on 96512411. To apply, please send your CV and a cover letter addressing the selection criteria to Evelyn Bush at [ebush@warrah.org](mailto:ebush@warrah.org)

## Special Needs Teacher Full-Time Warrah Specialist School

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

Warrah Specialist 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.

If you are interested in making a positive difference in the lives of the students at Warrah, please forward your application with your resume addressing the selection criteria to Evelyn Bush at: [ebush@warrah.org](mailto:ebush@warrah.org).

## Casual Support Worker

We are currently seeking motivated, empathetic and committed individuals to provide the highest quality person-centred active support on a casual basis across multiple locations in the North-West of Sydney. You will have a genuine interest to assist individuals in their home and in the community, supporting their personal growth in several areas including lifelong learning, leisure, self-care and health and wellbeing, meal preparation and domestic assistance, while supporting positive interpersonal, social and community relationships supporting individuals to achieve personal fulfilment.

We are accepting applications from flexible, reliable and resilient candidates, who are passionate, willing and able to mentor, inspire and support individuals to exercise contribution, self-determination and choice over their own lives.

Candidates will need to be available to work on a shift-work basis; this may include a combination of weekends, public holidays, overnight, morning and afternoon shifts.

If you are interested in working in a dynamic and supportive workplace that makes a positive difference in the lives of the residents we support, please send your CV and a cover letter addressing the selection criteria to Evelyn Bush at [ebush@warrah.org](mailto:ebush@warrah.org) For more information, please call 96512411

## General Maintenance Officer Full-Time Permanent Position

Warrah is looking for an active individual to join our maintenance team to help with gardening, building repairs and generally look after Warrah's 30-acre site in Dural and group homes in the local neighbourhoods. Responsibilities and duties of the role include landscaping, working with garden machinery such as blowers and mowers, and performing a broad range of maintenance tasks, e.g. painting, plumbing, electrical works, using power tools.

If you have a flair for DIY, enjoy variety in your work and the great outdoors, then send your CV and a cover letter addressing the above criteria to Evelyn at [ebush@warrah.org](mailto:ebush@warrah.org) or call 9651 2411 for more information.

**If you are interested in working at Warrah, please forward your application, addressing the criteria with your resume to Evelyn Bush at [ebush@warrah.org](mailto:ebush@warrah.org)**

# Celebrating 50 Years:

*Warrah has always provided opportunities for our community to take centre stage! Over the years Warrah residents and students have taken part in a range of plays, performances, choirs, ensembles and musicals. Speech, music and drama have been an important form of creativity and self-expression.*

**'St George and the Dragon'** was a popular show performed during Warrah festivals throughout the nineties.



**Warrah's students like dressing up in colourful costumes, which really adds to the performance! Pictured: School Christmas concert in 2017.**

# Warrah on Stage

The Warrah Bell Choir was a popular musical activity enjoyed by residents and families. Pictured: Warrah's Bell Choir in 1996, performing under the awning at the school.



Each year, Warrah School performs the Christmas Nativity play for families and friends in the school hall.

Not only do Warrah residents perform in-house! They also perform for other audiences in the community. Pictured: Richard Martin (left) earlier this year at Riverside Theatre in Parramatta.





## Community Development

### Glenhaven Rotary Club Golf Day

Recently the Glenhaven Rotary Club held their annual Charity Golf Day at the Castle Hill Country Club. It was a glorious day with guests enjoying a round of golf followed by a lovely lunch. Three charities were a beneficiary of the funds raised through the event, including Warrah. Warrah's Chairperson, Steve Malin provided an overview of Warrah's services at the lunch and the experience of his son who attends Warrah Specialist School.

Warrah is grateful for the local support and goodwill provided by Glenhaven Rotary Club, through fundraising and in-kind assistance at Warrah events. We look forward to building this relationship of mutual support.



*Rotary Members at Glenhaven Rotary Club Golf Day*

### Warrah Charity Lunch at Fred's

In early June, Warrah held a wonderful charity lunch at Fred's Restaurant in Paddington. It was a lovely afternoon with delicious food (some from Warrah's Biodynamic Farm) and an entertaining guest speaker - Andrew Mehrrens (former All Blacks rugby player). The venue was kindly provided by Justin Hemmes, of the Merivale Group. Justine was awarded the Property Person of the Year in 2018 at the Urban Taskforce charity event of which Warrah is a major beneficiary.

Warrah's chairperson, Steve Malin and School Principal, Jan Fowler gave guests an insight into the work and activities of our students at Warrah Specialist School. Around 60 people were in attendance, with \$27,850 raised for specialist therapeutic and life skills programs for students at Warrah Specialist School.

Warrah is very thankful for this opportunity to raise awareness for the services we provide for people with a disability and hopes it has inspired guests to engage and partner with Warrah going forward.



*A fantastic charity lunch at Fred's in Paddington*

### Banksia Leisure and Learning Facility Update

The Maintenance Team have made a lot of progress over the last few months with the establishment of the Banksia Outdoor Leisure and Learning Facility. Since the space was cleared by Corporate Volunteers from Moits back in January, the ground has been levelled, footings installed, foundations laid, retaining walls and garden beds built, and work on the deck has commenced.

With the project expected to finish in late Spring, clients will be able to use the multi-purpose break out space for many activities including a painting class, a shared lunch, a meeting or an exercise session to name a few.



*Work well underway for the new Banksia Outdoor Leisure and Learning Facility*

### Tax Appeal: Horticulture Therapy Garden

Thank you to all our generous donors who contributed to our recent Tax Appeal. In total, \$33,260 was raised for the establishment of a wheelchair-accessible

therapeutic garden on our main Harris Road campus. This new garden will enhance training and education, and social interaction of people with disability across Warrah's services.

Warrah clients will be actively involved in the construction of the garden in partnership with TAFE, as they continue to work towards their Certificate 1 in Work Education.

The introduction of educational and therapeutic programs, workshops, courses and events in the therapy garden will also further Warrah's mission to build social therapeutic opportunities through farming and gardening. Rob Greatholder will lead the project in his new role as Senior Coordinator – Therapeutic Gardening.



*Clients enjoying the benefits of gardening*

### City2Surf Fundraiser

For the second year, a team took part in the 2019 City2Surf to help fundraise for Warrah Specialist School.

The team included families and other supporters of the school. Multiplex also entered a team to raise money for Warrah. In total, there were over 80 donations, which raised a fantastic amount of \$10,592!



*Great job from all our 2019 City2Surf participants!*

### Support our Spring Raffle

As a fundraiser for Warrah, Spring Raffle Tickets have been sent out to families and distributed to staff. We are very keen to sell as many raffle tickets as we can and hope you will assist us by selling them to your family and friends.

Tickets are \$5 each, 3 for \$10 and a book is \$50. Winning tickets will be drawn at the Farm Shop on Friday 20 September at 1.30pm.

The prizes for the 2019 Warrah Spring Raffle include:

**1st Prize** Billabong Retreat Package **Valued at \$1,200**  
*One night donated by Billabong Retreat*

**2nd Prize** Fairmont Resort Stay and Play Golf Package **Valued at \$729**

**3rd Prize** High-Pressure Cleaner and Bunnings Voucher **Valued at \$399**  
*High-pressure cleaner donated by Bunnings Dural*

**4th Prize** Health and Wellness Massage and a Beauty Voucher **Valued at \$240**  
*Donated by Simply Health and Wellness; and Beauty at Victoria's in Dural*

**5th Prize** Dinner for Two at Nobles Restaurant and a Bottle of Wine **Valued at \$170**  
*Donated by The Hills Lodge in Castle Hill*

The Billabong Retreat prize includes a two night midweek stay in a private room with ensuite for two guests, meals, drinks, snacks, twice daily yoga, alternate day meditations and retreat program workshops. The second prize at Fairmont Resort in Leura includes two nights accommodation, two rounds of golf per person, motorised golf cart, full buffet breakfast daily and \$50 credit to use in Embers restaurant.

### Cindy Cunningham

Community Development Manager

### CONNECT WITH WARRAH ON FACEBOOK

Everyone can follow the latest Warrah news and events via Warrah's Facebook Page:

[www.facebook.com/warrahsocietydisabilityservices](http://www.facebook.com/warrahsocietydisabilityservices)

We are aiming to get 1000 likes in 2019, so if you are already following Warrah's page, please invite your friends and family to connect and engage with us too!

**WARRAH**  
LIVING LEARNING GROWING  
50 YEARS 1969-2019

# SPRING RAFFLE

**Return raffle tickets/books and money to Cindy  
in the Warrah Administration office by  
Friday 20 September.**

billabong  
RETREAT

simply  
health & wellness

**FAIRMONT  
RESORT & SPA  
BLUE MOUNTAINS**

beauty at  
**VICTORIA'S**

THE  
HILLS  
LODGE  
HOTEL & SPA  
ACCORHOTELS

**BUNNINGS**  
warehouse

**Drawn at Farm Shop  
Monday 30 September  
at 1.30pm**



## Warrah Farm

I am delighted to be the new Warrah Farm Manager, and for those who have yet to meet me, my name is Cameron Quilty. I have come to Warrah with a background in organic and biodynamic production in the Hawkesbury and Blue Mountains area, as well as studying a Natural Science degree. I have had the opportunity to work on farms and orchards in the Sydney region, as well as in the Lockyer Valley in Queensland. This experience has helped me to gain a greater perspective and understanding of the needs of our local area in regards to producing the best vegetables, with minimal impact on the environment.



*Farmer Cameron preparing raising mix for seedlings*

I appreciate the warm welcome and friendly faces that have made me feel a part of Warrah so quickly. I hope to add my own touch on what is a long-standing and prosperous farm, with important social and production principles.

Since starting, our Winter has been very productive in organising the farm and regaining control after the intensity of previous seasons. Steve (Farm Assistant) and I have slowly introduced a few changes to the farm's operations, which we hope will make the job of production more manageable. This will also facilitate the inclusion of clients in creative and rewarding ways for all involved.

During the colder months, our Discovery clients participating in the TAFE course have continued working on building a chicken run. It won't be long now until chickens will be introduced, and many cuddles and smiles will be had. Chickens are known to have great benefits, including relieving stress and anxiety, and studies have proven this.



*Keiren at work constructing walls for new chicken coop*

This Winter we were also visited by a class from Lorien Novalis School, who were learning about water and land management. During the visit, the class had a farm tour, visited the onsite water treatment facility and helped do some weeding and planting in one of the farm's flower beds.

At Warrah Farm we welcome the challenge of providing clients, volunteers and the community with more in-depth knowledge regarding land management, food production, nutritional requirements and also the wellbeing aspects that farming and gardening can bring.

We are very excited for the season ahead, as more opportunities, challenges and rewards await our team. Also, the burst of colour will surely whisk away any Winter blues.

Happy Spring, everybody.

**Cameron Quilty**  
Farm Manager

### It Must Be Spring

Hush, Can you hear it?  
The rustling in the grass,  
Bringing you the welcome news  
Winter's day is past.  
Soft, Can you feel it?  
The warmth caressing breeze,  
Telling you the sticky buds  
Are bursting on the trees.  
Look, Can you see them?  
The primrose in the lane,  
Now you must believe it -  
Spring is here again.

*By May Fenn*



## Warrah Farm Enterprises

The Farm Shop team is definitely looking forward to Summer. Winter is probably the toughest time of the year for farmers and produce sellers. Apart from the uncommonly dry weather, this is also the time when Winter crops are offering their last, and the ground is still too cold for any new crops to produce well. This means that we have to rely quite heavily on greenhouses and the great weather in other parts of the country. That, of course, results in dearer prices. Fortunately, the ever-increasing demand for organic produce, the fantastic Australian climate and technological advancements in farming all mean that we can have an almost unbroken supply of all our customers' favourites. This was not the case less than a decade ago. Thankfully, in just a couple of months, we should see the prices going down again.



*Warrah's friendly farmers and Farm Shop team*

A couple of us recently attended the Naturally Good Expo and came back inspired by the range of organic grocery and snack items available on the market. Every week we add new products to our shelves. We have just started expanding our offering to include arts and crafts created by our very own Warrah artists. In the coming weeks, we will be adding more paintings to the walls too that customers will be able to purchase.

The winter holiday season always sees a decrease in sales, but things are not bouncing back quite as quickly as we usually see after the holidays. Talking to others in the industry and our wholesale suppliers, we are noticing a general slump in sales in the organic sector, as household consumption drops across the board. People are tightening their belts. However, it is heartening to see new people coming through the shop door daily! Interestingly, many of those new people still

comment on how surprised they are to stumble across our beautiful store in such an unexpected place.

Our atypical retail location, combined with the economic climate, does mean that we really have to focus on our marketing efforts and not become complacent. As such, we are pushing full steam ahead with developing content for a brand new website and a blog for the Farm and the Shop. Our reputation for quality certified organic produce, combined with the beautiful story of the work that we do at Warrah, makes for very compelling marketing material.

We are also poised to add more texture to our social media channels. Another big push for us is access for more customers who are not within easy reach of the Shop – those who collect our produce via weekly deliveries to hubs established at schools and individual homes. The Co-op hubs not only extend our reach but provide real work experience for our clients too.

In the last newsletter, we mentioned that two of our casual staff have moved to permanent part-time contracts. Stephanie Hazelwood has also recently joined us in a casual position. The team, in its new form, has benefited from some cross-functional training and redistribution of responsibilities. Being able to share the load with more fluidity builds a stronger team, ready for growth in our customer base.

### The Farm Shop Team

#### Spring Produce in Store

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

**Fruit** - Granny Smith Apples, Pink Lady Apples, Royal Gala Apples, Hass Avacados, Cavendish Bananas, Ruby Grapefruit, Lemons, Limes, Navel Oranges, Mandarins, Tangelos, Strawberries, Blueberries, Passionfruit, Pineapples

**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, Zucchini, Snow Peas, Sprouts

If you would like to subscribe to our Farm Shop Newsletter please email [farmshop@warrah.org](mailto:farmshop@warrah.org)

# 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](http://www.warrah.org)**

**WARRAH**  
LIVING LEARNING GROWING  
50 YEARS 1969-2019

# *The Song of the Earth*



## **SPRING PICNIC & EURYTHMY PERFORMANCE**

**Sunday 27 October 2019**

**Picnic from 12pm - 2pm  
Performance 2pm - 4pm**

**20 Harris Road, Dural**