

WARRAH
LIVING LEARNING GROWING
50 YEARS 1969-2019

WINTER NEWS 2019



INSIDE

◦ From the Board	3
◦ From the Executive	4 - 5
◦ Warrah Council	6
◦ Vale - Elisha Lau	7
◦ 50th Garden Party	8 - 9
◦ Warrah in the Eighties	10
◦ Disability Services	11 - 13
◦ Community Support Services	14 - 15
◦ Community Courses & Workshops	16
◦ Staff and Volunteers	17
◦ All Staff Day	18
◦ Positions Vacant	19
◦ Celebrating 50 Years: Festivals	20 - 21
◦ Warrah Specialist School	22 - 23
◦ Community Development	24 - 25
◦ Farm Enterprises	26
◦ Farm Shop	27

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

Winter Festival
Friday 28 June

Lantern Festival
Friday 2 August



Front Cover - Winter Landscape by Sarah Tierney and Julie Scott

Winter Holidays

School

Last day June 28
Students return on July 22

Farm Shop

Closed Monday 11 June
(Queen's Birthday Public Holiday)

Office

Closed Monday 11 June
(Queen's Birthday Public Holiday)

Community Support Services

Services operating through Winter holidays
Closed Monday 11 June
(Queen's Birthday Public Holiday)
Closed Monday 22 July (staff training 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 Board

Welcome from the board to the latest edition of Warrah News.

For those that attended our 50th celebration, I hope you enjoyed the day as much as I did and congratulations to all those that made the day a success. If you didn't make it or I wasn't able to meet you in person, I hope that I will have another opportunity to meet you again soon. 50 years is a tremendous milestone, and the chance to celebrate and look back to when and how Warrah started was humbling. I saw this quote recently, and it made me think of Warrah's pioneers:

"Never doubt that a small group of thoughtful, committed, citizens can change the world. Indeed, it is the only thing that ever has." - Margaret Mead

While Warrah may not have 'changed the world' it has certainly changed lives, and it is an organisation I am very proud to be associated with.



Warrah Chairperson, Steve Malin with Julian Leeser MP at Warrah's 50th Garden Party Luncheon

Change is sometimes inevitable as organisations continually evolve. As reported, we have recently had a leadership change with CEO Georgina Michaelis moving on from Warrah. Georgina had been with Warrah for 6 ½ years and during this time made many positive contributions to our growth and development.

We have been particularly grateful for the work done in navigating the difficult change to the NDIS. I am sure you would all agree with me that this has not been

easy for anyone and we are certain there is still a way to go before we feel NDIS is working for the maximum benefit of our clients and for organisations who endeavour to provide services and solutions for those who need it most.

Working through change can sometimes be challenging, but I can report that the executive team has faced this leadership change squarely and managed without any interruption to the delivery of services. We are indeed proud to be supporting this team of dedicated individuals.

The board is actively considering leadership options that will support Warrah as we continue to prosper and grow as an organisation that is known in the community for outstanding service, accommodation and programs.

Our unique offering encompassing our Specialist School that nurtures young people to help them reach their full potential, our accommodation and programs that enrich the lives of our clients and the quality enterprises such as our Biodynamic Farm and Shop along with our beautiful Harris Road Campus provide us with an excellent platform to build upon.

Opportunities to enhance our facilities are always in our minds, and this month, we also look for your support as we launch our 2019 Tax Appeal. This year we are looking to raise funds to develop a fully accessible horticulture therapy garden near the entrance to Harris Road. We think this will be a great addition, and we look forward to your help in making the idea a reality.

Steve Malin
Chairperson, Warrah Board

Winter

When the geese are flying south
And the sky is grey, my dears,
Close your eyes and lift your nose;
Listen with your careful ears.

Feel the winter coming on;
Hear it in the crackling trees;
Note the crisping, quivering wind
Sharply snapping the leaves.

by Suzie Bitner

From The Executive

With Winter bringing cooler and shorter days but also much sunshine, we have been able to do some planting and creating small new gardens around the property which are a surprise and delight to see when one walks around. These initiatives show us all of the care and energy staff and clients have towards making Warrah their home and place of activity and community.

Warrah's 50th Birthday

The formal celebration of Warrah's 50th birthday was a truly joyous event with many people from the past and present sharing stories, remembering old friendships and connections and those who have recently joined, sensing the commitment that was made for us all to benefit from Warrah's beautiful environment and services today. The food, some from the farm, was delicious, the conversation rich and the hope for the future alive.

We have and will continue to celebrate the 50th birthday across the organisation this year. Community Support Services enjoyed a birthday cake together at the Flora and Fauna Pastiche Exhibition they held soon after the official party and the school students held their own celebration too. There will be more such moments over the coming months.

NDIS Quality Review

Warrah is currently reviewing all policies and procedures to demonstrate to the NDIS Quality and Safeguard Commission that we are delivering supports and services which are in line with the new Quality and Safeguarding Framework set out by the new NDIS Practice Standards. This is a significant part of Warrah renewing its registration in January 2020.

All Staff Day

The 3rd 'All Staff Day' was held on 15 April. This event has proved to be a significant time for community building, getting to know staff from the many areas of Warrah's work and as a forum to hear from staff for future planning. This year was no exception and brought a wealth of great feedback and ideas to the attention of Executive and the Board. We have so much talent, expertise, experience and goodwill in the staff group and the willingness to share it this year was humbling. We expect to take the ideas shared into planning training and development going forward. It is, however, also important to acknowledge the spirit of the day and the sharing of food made possible by the delicious fare provided by our Filipino staff community.

New Warrah Community Event

After much consideration, it has been decided that Warrah will no longer hold the Spring Fair. We have noticed a large number of spring events take place around the same time in the local area and believe we can offer something very special for our community at a different time.

The fair will be replaced with a special Autumn/Harvest event which is more unique and focused on our wonderful biodynamic farm and beautiful environment. We wholeheartedly thank all our families, staff, volunteers and local community for supporting the Spring Fair and can assure everyone that we will be planning an exciting new event to take place next Autumn.

Spring of course is always a beautiful time with the warmer weather and flowers growing so we will be planning a fun family spring event and will keep you posted about the details.

Annual Therapeutic Seminar

This year's seminar focused on the traditional crafts that we are seeking to establish in the school and some day programs. It was a very 'hands-on' time with staff learning the skills of Lathe work, dyeing with natural dyes (plants, berries, flowers etc.) and mark making – an art activity using plant stems, string, flower heads and other materials. There was also time given to understanding what lies behind such activities and the inherent benefits to all of us, particularly those with special needs.



Conversation over lunch at the Therapeutic Seminar

Harvest Festival

One of our favourite festivals is the Harvest Festival, and this year we once again celebrated it at the farm, which supports the focus of our bountiful farm produce and our gratitude to have it so available to use.

Produce harvested, pickles and jams made, eggs from the school chickens and our shop supplied bread were donated to the Matthew Talbot Hostel.



Music entertainment at the Harvest Festival

Warrah Tax Appeal: Horticulture Therapy Garden

Around the world, we are seeing a growing movement for 'social and therapeutic horticulture'. Our Tax Appeal project this year is for the establishment of a Horticulture Therapy Garden, in the existing spiral garden on campus. This wheel-chair accessible garden will be used by people with disability across Warrah's services. The therapy garden will provide opportunities to enhance training and education, social connection and inclusion. Thank you in advance for your support.



Kieren learning how to plant seedlings

Warrah Charity Lunch

A fundraising lunch will be held on 6 June at Fred's restaurant with funds raised being donated to the school to further its Life Skills and Specialist Therapeutic Programs. We are hoping to buy some bikes tailored to the student's needs and support the expansion of the weaving and woodwork program. Warrah Specialist School Principal, Jan Fowler, will be speaking at lunch to highlight the unique education we offer and the importance of supporting the goals for our students or reaching their full potential.

Executive Members

David Forfar, Jan Fowler, Craig Gouws

New Director - Andrew Rogers



New Director, Andrew Rogers joined Warrah's Board in May this year.

Andrew's family heard about the Steiner education system by chance and was attracted to the shared values of sustainability, connection to the environment and no screens! He has three children at Glenaeon primary and visited Warrah School while investigating education options for his eldest daughter, who has special needs associated with a rare chromosome disorder.

After studying Civil Engineering Andrew co-founded a technology company which he ran for 17 years. During this period he mentored and worked with several other early-stage tech start-ups.

Four years ago he moved across to the renewable energy sector working as a senior manager in AGL New Energy. This year he joined an independent energy consultancy and is currently assisting the NSW Government with their Emerging Energy Program.

Andrew brings to this role an interest in Warrah's service philosophy and environmental sustainability, and the lived experience of a family member with a disability. He also has an excellent all-round commercial skill set with a mix of strategic, technical and financial roles. We warmly welcome him to the Board.

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



Winter at Warrah

Dear Friends,

Have you been out in the early hours of late, to look at the mighty meteor showers raining down iron minerals and forces onto our earth, as they always do during autumn days?

Western culture has long acknowledged the Archai St. Michael, who is a guide for humanity that we human beings might search for the truth in all that we initiate in the course of our life. It is understood that it is he who accompanies us through Autumn and its beauty.

Autumn is at last gradually merging into the coming winter days, and we look back with gratitude to all that we have received for our nourishment out of the abundance of the Harvest.

Every human being on earth brings their contribution to the growth of their fellow human beings. This is our great human task and everything that another brings, no matter how small or significant, is worthy of genuine acknowledgement and thanks. We give grateful thanks to all who have contributed to 50 years of hard work, founding, sacrificing and inspiring, growing, innovating and sustaining the life and being of Warrah, whose acknowledgement we have recently celebrated together.

We recently shared in a gentle Harvest Festival at Warrah Farm and now look to Ascension and Whitsun Tide. As the days slowly shorten, we begin to draw inward; for Winter gives us time and incentive to quietly consider the course of our personal life from new perspectives. Some birds fly North to follow their inner call to far-flung feeding and breeding grounds. Some exhausted paddocks take time to fallow and human beings here in the earth's South can enter into the shorter, darker days and be still, homey and reflective.

These are blessed days for recuperation and quiet; a time for inner productivity and the realisation that the gaining of wisdom is a slow process, gained only by looking back at the things that could have been done differently, or as in the forward planning of preparing for spring planting, through the experience of making wrong choices, lack of rain through the drought or losing interest in the task.

It is at the turning point of the Solstice at Mid-Winter in



Rosalind sharing about the colours and shades of Harvest time

southern climes that we enter into the experience of celebrating our Mid-Winter Festival here at Warrah. We prepare for the darkest, shortest day and tread The Way. One by one, we bring the flame to our candle and together gradually light up the spiral of gentle, glowing warmth. This is a much-loved festival which we all celebrate, quietly arriving and quietly leaving in the dark of the shortest day of the year.



Spiral of light

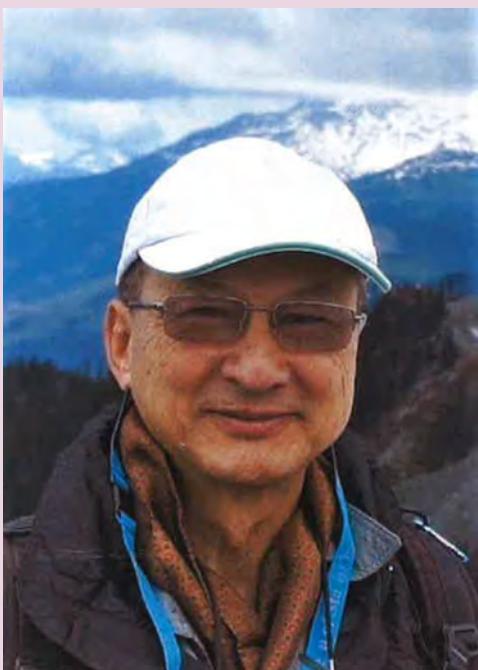
Here we may gratefully experience the most profound connection with the widths of the starry cosmos and with our individual task and destiny upon our earth.

Rosalind Pecover
for the Warrah Council

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

- Rudolf Steiner

Vale — Elisha Lau



We were all saddened at the recent news that Elisha Lau had passed away, after a long fight against cancer. Elisha and his wife Judy have been associated with Warrah through their daughter Karen who became a school student and resident in 1990. Karen is still a resident and is a participant in Warrah's day service activities.

Elisha was an airport traffic controller in Hong Kong before he and Judy migrated to Australia in the early 1980's. He continued as an airport traffic controller. In his spare time, he enjoyed cycling and hiking.

Elisha served on Warrah's Board from 1991 until 2014. He chaired the Finance Committee for about ten years and was a valuable Board member, with his insight, questioning and meaningful contribution on many aspects of Warrah's activities.

Elisha was for more than 20 years a member and an Elder of the Presbyterian Church in Balmain. He was a compassionate person and was involved in assisting many local people, not just members of his Church. The Church recently held its 150th anniversary and published a booklet of "reflections" from various members. Elisha's contribution to the booklet was:

"Christians, as well as non-believers, share lives in this imperfect and sinful world. Whatever good or bad that could happen to anyone could also happen to Christians. The important difference is we, as Christians, have faith in God, who promises us a pain-free and joyful eternal life in heaven."

While in hospital during his last days, Elisha prepared the outline of his Memorial Service and the Eulogy, which was delivered by a friend during the Service. His wife Judy and son Daniel presented Family Reflections and spoke highly of their Husband and Father.

The theme throughout the Funeral Service and in the Eulogy was Elisha's faith in Jesus for his life and his Salvation.

Vale prepared by Ross King

The bare totemic tree in the midst of my garden is swathed in white mist

The very last anaemic leaf falls from the grape vine onto the veranda

Grey sky, grey green grass, white undulating mist a metre above the soil and around the tree trunks.

Even what yesterday was the yellow flash of the daffodils, is today muted.

The sky is low and the moon is still faint, the earth breathes in.

It is midwinters day.

The chill awakens thoughts too strange to speak of, but in spite of the low cloud there is an inner clarity that makes us reach out to a friend.

by David Wansborough

Warrah Garden Party:



50th Anniversary Celebration



Celebrating 50 Years: Warrah in the Eighties

- The Carters -

Russell and Silke Carter were members of the Warrah community in the 1980's. They share how the Warrah community and co-founder, Hannelor Kaltenbach impacted and shaped their life's journey.

Way back in about 1983 I stumbled into Warrah. I'd been working (and living) at Morisset Hospital and felt the need for a change. I was greeted at Waratah by one of the Marx sisters, who put in a kind word about me to Hannelor. The next minute, I was doing the cooking and shopping and the meeting and greeting of anyone who dropped in. I have happy memories of the children who lived at Waratah... Richard, Lyndal, Paul, Luke, Robert, Rebecca...

Warrah was at that time very much a community, volunteers came and went, and the staff hung out - some of us a bit too often up at the pub! Friendly people and pleasant times. Eventually, I bought a caravan and Hannelor was happy for me to park it up at Waaia. She even organised power to be connected. The years passed by when in 1987, a volunteer arrived that caught my eye and refused to leave! We married within a short time, and our son was born at Hornsby Hospital. Over 30 years later, Silke and I are still happily married, and our children are now adults.



Then and Now: Silke and Russell in the 1980's (left) and now in 2019 (right)

Warrah was a place where people met and relationships formed, and out of that new beginnings were born. For Silke and me, the experience of Warrah had a lasting effect. In particular, it was Hannelor who patiently and quietly guided, who left the most significant impression. It was under her, I tell people, that I served my apprenticeship. Eventually, we left Warrah to live for a while in Germany. We then moved to New Zealand and had the opportunity to establish Hohepa Auckland. After more than two decades growing and managing Hohepa Auckland, life has now led us to other things, working in specialised fields such as autism and working with other communities.

I think it very true to say that Hannelor and Warrah have created a ripple that has had a much broader impact on people in places few of us can imagine. And the ripple ripples on! Meanwhile, the caravan is a lasting reminder, at least until the chucks are done with it, of a time that has passed by. Is it still there in the paddock up at the farm?

From here in Auckland, Silke, our family, and I congratulate Warrah, and we send our love to all of you on this extraordinary occasion and wish you all well for the many years ahead.

Russell and Silke Carter



Disability Services

The transition from Summer has been a slow one this year, but the trees are putting on a stunning show at present and the crisp mornings remind us that we are moving towards the colder months. It has been a busy few months across our Disability Services as you will see when reading the contributions from Sandra, Michelle and Ali.

Elisha Lau

We were deeply saddened with the passing of Elisha Lau, parent to long-term resident Karen and a former board member. Our condolences to his family at this time. We are holding them in our thoughts.

Easter

Our Easter Service was held on Friday 12 April, with everyone coming together for a lovely ploughman's lunch, which was preceded by a procession around Warrah and the planting of bulbs.



Matt, Miguel and Jack planting bulbs as part of the Easter Service

Harvest

More recently we celebrated the Harvest with a delicious lunch of potato and leek soup, using the leeks harvested from the Farm, which were prepared by residents. The meal was enjoyed with fresh organic bread rolls from the Warrah Farm Shop.

We gave thanks to our Farm and to Warrah's farmer Rob Greatholder. We also collected a bounty of items including fresh eggs, bread, preserves and clothing that was donated to St Vincent De Paul's Matthew Talbot Hostel.

Mother's Day High Tea

We again celebrated Mother's Day with a sumptuous High Tea on Saturday 11 May. Sandra Quisumbing, Alina Cassin and Fiona Embrey all volunteered their time to make sure the Mum's and influential women in our resident's lives were celebrated and appreciated. Thank you to the volunteers who worked together to make this happen and thanks to all who attended. By all accounts everyone had a great time.



Terry and his family at the Mothers Day High Tea

Pride in Workmanship Awards

It gives me great pleasure to announce that both long term resident Fiona Embrey and Senior Coordinator Sandra Quisumbing were acknowledged for their work at the Rotary Club of Glenhaven 2019 Annual Vocational Awards evening.



Warrah Board members and staff celebrating with Sandra and Fiona at the awards evening

Sandra Quisumbing was nominated by Warrah for her ongoing and unwavering commitment to her work and to Warrah Residents. Sandra consistently works above and beyond her duty and has been available to support residents and staff during significant periods of change for Warrah. Amongst this, Sandra has taken on the role of caring for her mum, who is ageing as

well as continuing to care for her grandson. Not once has her dedication to our residents faltered. Sandra received a 'Pride of Workmanship' Award.

Fiona was nominated for the award by Dural McDonalds, where she has been an employee for close to 20 years, an accomplishment in itself. Fiona is dedicated to her work, which she walks to from Warrah every day. She is a courteous and friendly employee, taking care of customer needs and keeping on top of the cleaning tasks. If you ever drop in for lunch, she will offer you a warm smile as she happily collects your tray. Fiona received an 'Ability in the Workplace' Award.

I wholeheartedly congratulate both these amazing women on winning these awards which they will receive at a special Rotary dinner.

David Forfar

Executive Manager, Disability Services



Supported Independent Living

Here is an update on things that have been happening in Supported Independent Living:

Redgum:

Nicholas, Greg, Matthew Kerr and Matthew Owens have been going on lots of community access, visiting places and enjoying a meal at various restaurants, recently going to Grill'd in Rouse Hill.



Matthew and Greg at Grill'd in Rouse Hill

Matthew Kerr and Matthew Owens enjoyed a night away in the Blue Mountains, having a great time.

Wattle Tree:

Natasha, Karen, Caroline, Lyndal, Jenni and Rebecca have been going on lovely outings in the community, enjoying festivals, movies, train rides to the city.

Glenny:

Chris and Fiona have enjoyed outings to the city and the Botanical Gardens for a picnic. They also enjoyed going to the movies and going on bush walks.

Orana:

Danny, Kate, Nicholas, John Paul and Solomon have also been going on outings to lots of places they are interested in. They have particularly enjoyed going to Jazz in the Pines, going to musicals such as Mamma Mia and Allo Allo as well as enjoying meals at different restaurants.

Waratah:

Kevin, Grant, Philip, Rohan, Simon and Adrian have been getting out in the community. Adrian, Grant and Rohan have been enjoying going to the pool at Stanhope for some exercise.

Jacaranda:

Joanne, Lynda, Peter, Charles and Robert have settled into their beautiful new home and love it. Residents are more motivated as the house is full of light and has lots more room for everyone to move around. All residents have been enjoying lots of places in the community, and really enjoyed the trip to Luna Park for a picnic lunch.

Tallowood:

Sam, Sarah, Stephen, Meilta and Donna have all settled into their new house exceptionally well and are enjoying it. Residents have enjoyed hosting the other houses coming to dinner or afternoon tea, and they love the new house as well.

The parents love to stay for a cuppa, and we encourage them to do this when they drop residents off. All the residents have enjoyed lots of community outings, including the trip to Luna Park.

Emily:

Emily has had some visits from Rosalind Pecover for dinner. Nicole has been enjoying 'Who Wants to be a Millionaire?' and is hoping to meet Eddy McGuire and be in the studio audience!

Torrs Street:

Weekly activities for clients include enjoying regular afternoon activities like cooking, craft, woodwork, sports and movie nights, just to name a few. Craft and art sessions are being held fortnightly.



Pizza time at Torrs!

BBQ's are held on Sundays for family and friends of clients. The weekly soccer competition is now being enjoyed by most clients. Weekly volunteer placements are being coordinated with the local council Animal Holding Facility for animals in Blacktown. Everyone has also been learning some sign language so that residents can communicate with each other.

Greenway:

Weekend outings are regularly organised and coordinated. On Saturdays Greenway clients enjoy visiting the Warrah Harris Road Campus where clients ride bikes, enjoy some exercise, morning tea and visiting their friends living in other homes. Some clients also enjoy milkshakes on a Saturday afternoon and helping out with grocery shopping.

Sundays always entail a community outing. The group recently visited Penrith Regatta, Parramatta Park and had a picnic on the Hawkesbury River.

Mac's Cottage:

Mac's Cottage residents enjoy attending church of a weekend, having coffee at their favourite places, trying out different cafes for morning tea and lunches and helping out with grocery shopping. Mac's residents love attending weekend markets and music festivals wherever possible.

I would like to thank all the staff that support our residents, for all the hard work they do. The outcomes we are achieving benefit the lives of all residents and wouldn't be possible without their commitment and effort!

Sandra Quisumbing
Senior Coordinator



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

Our Saturday program builds on life skills and supports young people in accessing social and recreational activities through their in-home support activities.

One of our recent highlights was a trip to the beach during spring to capture the final warm days before winter started. The outing went very well and ran smoothly. All participants thoroughly enjoyed their day out at the beach. We had a picnic lunch, bush walk, swim and loads of laughter and games.



Kieren soaking up the fresh air at the beach

Our Short Stay continues to be popular, and we work hard to respond to the individual needs and interests of the participants who come to stay.

In addition, we also offer In-Home support, which enables participants to access services at home, providing supports to undertake activities or access the community. This type of support works well for participants who are primarily independent and may require drop in support for particular tasks or activities.

Our after-school program is being highly sought after with many enquiries coming in! The program supports senior students to develop social skills and life skills as well as recreational pursuits. The program has dramatically improved transition outcomes for participants as they move from school to adult life.

Michelle McKenna
Senior Coordinator



Community Support Services

A Warm Welcome

It is with a very warm welcome that Lisa Rutkin joined the CSS leadership team in mid April. Lisa will be coordinating the Waaia/Kinta and Diramu programs and will be working from the Waaia Office. She can be contacted in her office on 9653 7256, or via mobile on 0447616260.

Lisa brings with her a wealth of experience in the disability sector. Some of you may remember Lisa from her previous employment at Warrah or know her from the many social programs she has been involved with in recent years, including HADPAC and Table of Eight.

Community Courses

Community Courses and Workshops provide high quality learning opportunities for people with disability 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 led by specialist facilitators to ensure there are high-quality outcomes for all involved.



Pastiche Art Course participants proudly showing their creative artwork

Our Term 2 courses have been very popular and now is the perfect time to start planning if you are thinking of enrolling for our Term 3 courses. If you are interested in social music, tai chi, learning to bake quick breads or trying your hand at claywork, please contact Alina Cassin to enrol at acassin@warrah.org or call 9651 2411.

Community Inclusion and Contribution

We have seen an increase in activities recently that contribute to community life at Warrah as well as our local community. A big thank you to all involved and special mention to some of the recent contributions:

- Waaia/Kinta hosted an Anzac commemoration led by Kevin. The group then donated the two beautiful handmade wreaths to Kenthurst Memorial.



Kevin leading our Anzac Day Service at Warrah

- This group has recently commenced a Philippines Gift Box Appeal. They have been busily wrapping shoe boxes in Christmas wrapping to prepare them for filling with stationary items and personal items for gifting to children living in poverty.
- All Programs created beautiful craft to gift to their Mums for Mother's Day.
- The Discovery Program, who are collecting bottles around campus for recycling at the return and earn centre.
- Banksia, who are helping to weigh and pack produce into the weekly veggie deliveries to Warrah Homes.
- Discovery, who continue to be involved with both farm work and Farm Shop deliveries as part of their weekly work skills activities.

Harvest Festival

Festivals are deeply woven into the fabric of our culture at Warrah, and bring joy and gratitude for our community as we come together to celebrate. Our most recent Harvest festival started with many bags of clothes being sorted by CSS for donation as a contribution to Matthew Talbot Hostel in Woolloomooloo.

The day before the festival, leeks were harvested from the Farm by Waaia participants, then taken home and cooked into beautiful potato and leek soup by all the residents and staff of Warrah's homes. On the day of the Harvest feast, all areas of Warrah came together to sit in the sunshine and thoroughly enjoyed the soup together, along with bread from the Farm Shop as we were entertained by live music.



Matthew at Harvest Festival

TAFE Update

Congratulations to all participants enrolled in Certificate 1 in Access to Vocational Pathways for passing their Term 1 subjects. As this is a Semester 1 course, you are more than halfway to earning your certificate! It is a joy to watch the Certificate 1 in Work Education group come together each week and chip away at the huge projects they have taken on. They are currently working together with Rob Greatholder on Warrah Farm to build the new fox proof chicken coop. If you visit Warrah Farm Shop, you will be able to see the construction in progress.



Miguel working hard on digging the foundations for the chicken coop

Alida Pruys
Operations Manager

Pastiche Art Display

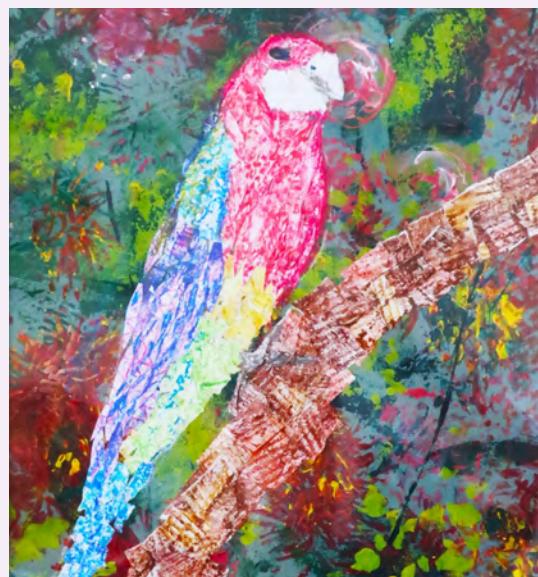
Some of the wonderful artworks created in the Flora and Fauna Pastiche Art Course:



Artwork by: Doug Outhred, Sarah Tierney, Lyndal Atkinson



Artwork by: Trudy Peek



Artwork by: Robert McKenzie

Community Education Courses & Workshops Term 3 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.

Tai Chi

Facilitators: Active Ability
8 weeks - Thursdays
8/08/2019 - 26/09/2019
Time: 1:00pm - 2:00pm
Venue: Kinta
Course Fee: \$167



Tai chi is an ancient Chinese martial art form that is practised around the world as a type of gentle exercise. It involves smooth, flowing movements to help improve the flow of life energy or Qi (pronounced 'chee'), through your body. This is said to help create a sense of relaxation and improve or maintain health.

Quick Breads & Light Lunches

Facilitators: Various
8 weeks - Tuesdays
6/08/2019 - 24/09/2019
Time: 10:00am - 12:30pm
Venue: Banksia Community Centre
Facilitation: \$168
Materials: \$40
Course Fee: \$208



So many of the great food cultures of the world have quick breads as their staples, and we'd like to show you how to make them. You will learn flavour combinations to make easy, delicious and nutritious breads. We will assist you to prepare a light meal each week to enjoy with your flatbread and encourage you to stay for a shared lunch where you can break bread together!

Introduction to Claywork

Facilitator: Julie Scott
8 weeks - Thursdays
8/08/2019 - 26/09/2019
Time: 10:00am - 12:00pm
Venue: Diramu
Facilitation: \$168
Materials: \$20
Course Fee: \$188



Covering all the fundamental techniques, this class is suitable for beginners. This course will be interactive and creative! Crafting the clay into items for everyday use at home as well as some quirky ornamental pieces.

Seedlings For Spring Gardens

Facilitators: Farm Staff
Wednesday
31/07/2019
Time: 9:00am - 3:00pm
Venue: Warrah Nursery
Facilitation: \$54
Materials: \$5
Course Fee: \$59



Come to Warrah's accessible nursery to learn how to prepare seedlings to kick start your spring garden! In this 1-day workshop you will be planting a mix of veggies, herbs and flowers, learning how to raise and care for your seedlings and taking home a mixed punnet of seedlings to get your kitchen garden ready for spring.

*Behold the sun
Upon the midnight hour
And build with stones
Upon the bare ground*

*So find in desolation
And in the deep (death) dark night
Beginning, new creation
The morning's youthful might*

*The heights will be revealing
The Gods eternal word
The deeps securely sealing
The peaceful treasure hoard*

*In darkness living
Create an inner sun
In mater weaving
The spirit joy is won.*

Winter Solstice—Rudolf Steiner



Staff and Volunteers

Volunteers

Our German volunteers, Philipp, Johanna, Fiona, Luzia, Lucas and Malin, have just three months to go of their volunteer year, so teams across Warrah's services are making the most of these extra helping hands while they are around. Monica, our Chinese volunteer left at the start of May and is now planning a trip to do more volunteering in the USA. Rob also had assistance on the farm in April from another volunteer from Germany, called Mo. Her help was much appreciated over the busy harvest period.



German volunteers having dinner with the Torrs residents

New Staff

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

Alina Cassin	Administration Officer
Joy Komen	Casual Support Worker
Sitta Bangao	Casual Support Worker
Favour Ekwealor	Casual Support Worker
Achilleus Ezenenwu	Casual Support Worker
Marcus Bonnie	Financial Accountant
Timothy Egbo	Casual Support Worker
Solomon Igbomezie	Casual Support Worker
Abibatu Kamara	Casual Support Worker
Jestina James	Casual Support Worker
Martin Githambo	Casual Support Worker
Adam Bangura	Casual Support Worker
Donna Pitt	Casual Support Worker
Miguel Pinal Trashorras	Casual Maint. Assistant
Lisa Rutkin	CSS Coordinator
Michael Pasch	Teacher
Steven Tennikoff	Farm & Grounds Assist.

Evelyn Bush
HR & Payroll Officer

Warrah All Staff Day 2019

On the 15 April 2019, Warrah held its annual All Staff Day, with 64 staff attending. This event brings together staff from all areas of Warrah who may never have met before.

The day began with some wonderful relationship building exercises, in which staff moved around a circle and introduced themselves. This was a great icebreaker and gave staff the opportunity to engage with others outside their immediate team.



Staff enjoying the icebreaker activities

The day involved engaging activities and interactive talks from the Executive team focused on nurturing the culture and direction of the organisation.

Warrah's Farmer, Rob Greatholder provided a presentation on the Farm; and on the social and therapeutic benefits of gardening and farming. He provided some fabulous overseas examples and highlighted the opportunities available to grow similar programs for clients at Warrah. His talk was very well received and we suspect has influenced the establishment of some small vegetable gardens around the property.



Rob presenting on Farming and Gardening as Social Therapy

Staff left the day with a vibrant sense of community and connection, which we will strive to care for and foster as we go forward. More photos from the day are on the next page.

All Staff Day



Positions Vacant

Supported Independent Living Coordinator Full-Time Permanent Position

We have a vacancy for a dynamic and flexible Coordinator for our Supported Independent Living services.

Working with people who have complex needs, this role will challenge you to think outside the box in order 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.

Roster Coordinator (Maternity Cover, 4-month contract)

We have a temporary vacancy for a dynamic and flexible Roster Coordinator for our Supported Independent Living service. The position is offered on a 4-month fixed term contract, with the possibility of extension.

In addition to working with a team of supportive Senior Coordinators and Managers, we anticipate a strong handover and induction process to set you up for success in the role of Roster Coordinator. This role will involve filling shifts and using our rostering system, EmpLive. You will liaise with our Senior Coordinators in order to ensure our operational rosters are maintained and respond to changes where needed. There is a requirement for some out of hours response, but it is minimal.

The role works collaboratively with a skilled team that includes an Operations Manager, Senior Coordinators, Support Workers, and with other members of the Warrah Administration Team. 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.

Contact David Forfar for more detailed information on 9651 2411. Applications close on 21 June 2019.

Special Needs Teacher - Full-Time or Part-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.

Contact Erin Bateman for more detailed information on 9651 2411.

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. For more information, please contact Evelyn Bush on 9651 2411.

**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**

Celebrating 50 Years:

A significant part of Warrah's history is the celebration of festivals. Festivals are held to celebrate specific cultural events throughout the year. This includes harvest, solstice, equinox and the four seasons.



Former Head Teacher, Liz Hamilton wearing a fantastic floral crown in the 90's at a Spring Festival.

One of the most exciting parts of Festival time is the activities. Pictured is a photo of Maypole dancing at a Spring Festival on the Waiia lawn.

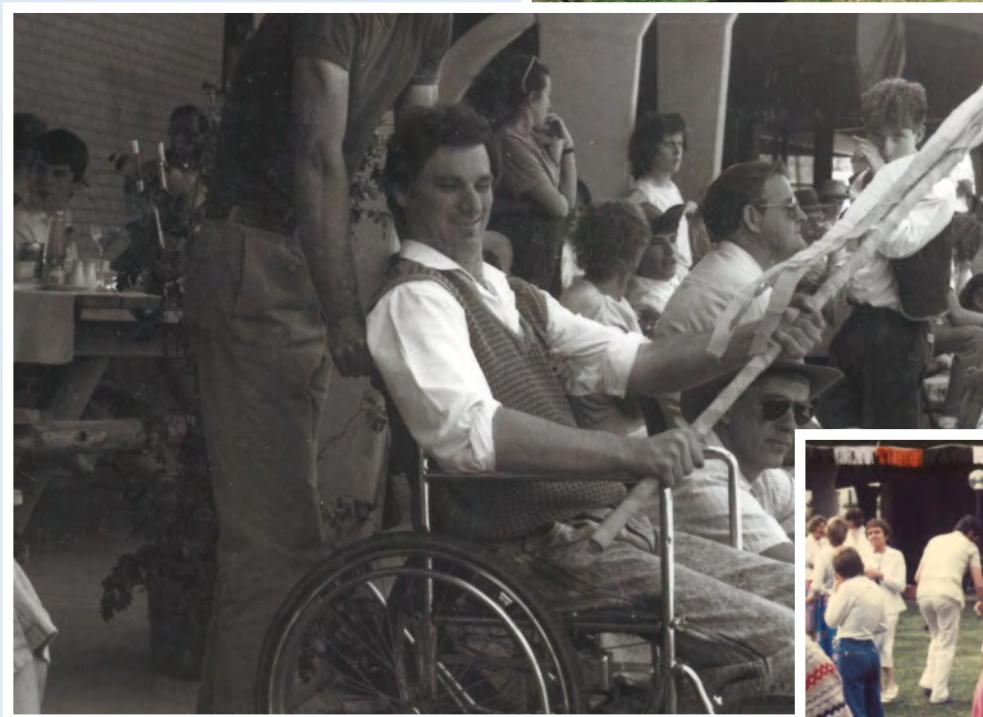


Festivals are a chance to gather with family and loved ones. Here is a photo of former CEO, Patrick McDonald with school children enjoying the Maypole dancing.

Warrah Festivals

Festivals have always brought the community together in a shared purpose and highlighted a greater meaning outside of ourselves. This creates a deep sense of gratitude and harmony for ourselves, our community and the wider world.

The Warrah Bell Choir, featured here on the School lawn, playing in a festival.



Parades are an important part of the Easter festival celebration at Warrah. Kevin Kendall always enjoys getting involved. Photo of Kevin at an Easter Festival in the 1980's.

Along with clients, friends and family always had great fun taking part in Warrah's festivals. This photo of a bush dance shows the enjoyment that families had together!





Warrah Specialist School

As I write this, the sun is shining, the leaves are glowing with the most stunning autumn colours, but there is a crispness in the air that reminds us of winter. It was wonderful to have two new students join us this term, and we wish them and their families a long association with Warrah. We welcomed two new teachers, Michael and Tas, recently and are thrilled to have their experience, positivity and insights as we progress into our new curriculum approach. For our students, having two male teachers is very good when we are otherwise biased towards female wisdom and input!

We have stepped firmly into our new curriculum in a few areas, and initial observations and feedback tell us we are certainly on the right track. To see a student who reluctantly participates in some class work then show initiative and commitment when working in the practical realm is affirming and inspiring. As an example one boy was anxious and distracted in much of the work we were doing. He then transitioned into the outdoor lathe class and with no intervention or direct, hands-on support from staff, and began working the wood with a chisel to create a pattern. He was absorbed in his work and pleased with his efforts, which is how it should be. We will then work with him refine the piece he made for a specific purpose, e.g. a stirrer, a candle holder or a leg for a stool or table. The photo below shows the first three transformation steps from raw material.



Steps in the lathe work process

Vision Valley

Once again, Vision Valley provided the students with an opportunity to learn new skills and find the courage to be adventurous and bold. We were so proud of them,

and as always – they surprised and delighted us with their courage and joy.



Courage and bravery was shown during abseiling



Nautas enjoying canoeing at Vision Valley



Josh and Jasmin practicing their bike riding skills

50th Celebration

The students celebrated Warrah's 50th Birthday in April, and a lot of fun was had. A birthday is always

special, but to honour 50 years of commitment, growth and development was a time to be grateful. It feels timely for the school to be able to look back and give thanks while also looking into the future and offering students a new and active way to learn skills and find meaning and purpose in their community.



Happy Birthday Warrah!

Mary Poppins!

Pacific Hills School invited Warrah School Students to attend the final dress rehearsals of the musical, Mary Poppins. It was a very professional and entertaining show, and our students were an impressive audience – even offering the cast a standing ovation. It is heartening when we can share the skills and gifts of our local community, and we value every opportunity to work together.



Students eagerly waiting to watch Mary Poppins

GLAM Conference

Warrah School was proud to host the National Business Manager's (Steiner Schools) conference on 9 May. It was an excellent opportunity to showcase the school but also to make Warrah visible. We then had a presence at the rest of the National GLaM (Governance, Leadership and Management) Conference which was hosted by Lorien Novalis School.

Work Experience and TAFE

With students transitioning from school to adult life at the end of this and next year, we have been able to take up the opportunity for work experience at Endeavour Supported Work. While in its early days, we have been impressed to see our students step up and take on the challenge with excellent results.



*Work Experience for Danny
at Endeavour Supported Work*



Zac enjoying being part of the TAFE project

We also have one student participating in a TAFE program on site one day a week. They are building a chicken run and will also take on other projects on the grounds. Zac is working very well and thrives on the participation with the tutors and older students.

Finally we farewell Debbi Storey, Teacher, as she heads off on a much deserved European trip. She has brought great skill, creativity and energy to her work and the students are all the better for it. We wish her well and say a heartfelt thank you for her work.

Jan Fowler
Principal



Community Development

2019 Warrah Tax Appeal:

Horticulture Therapy Garden

Through appeals, Warrah has been able to achieve some wonderful improvements to our facilities and make a difference to those we support. The financial generosity of families and friends of Warrah have made these improvements possible.

For this appeal, we are seeking your support to establish a horticulture therapy garden, as part of the existing spiral garden near the entrance to our main Harris Road Campus. This fantastic project involves developing a wheelchair-accessible therapeutic garden which will enhance training and education, and social interaction of people with disability across Warrah's services.

The project will include a teaching space in the centre of the garden, with raised garden beds, planting of fruit trees and edible, medicinal and sense stimulating native plants. Warrah clients will be actively involved in the construction of the garden in partnership with TAFE as we continue the learning and development of clients towards a Certificate 1 in Work Education. This will further their skills, confidence and hands-on experience with tangible results.



Clients enjoying planting some lettuce with Warrah's Farmer

The garden will provide children and adults with meaningful opportunities to develop transferable skills, connect with nature, grow food, nurture plants, harvest and prepare meals and build social connections.

The introduction of educational and therapeutic programs, workshops, courses and events in the therapy garden will further our mission to build social therapeutic opportunities through farming and gardening.

How to donate:

- * Make a tax deductible donation online via the PayPal button: <http://www.warrah.org/donate>
- * Call Frances Prior on 02 9651 2411 to donate with your Master or Visa card or to obtain bank transfer details.
- * Send a cheque to the Warrah Society - PO Box 357 Round Corner 2158.

Thank you for thinking of Warrah this financial year!

Garden Party 50th Celebration

A beautiful Garden Party and Organic Buffet Lunch was held in March to celebrate Warrah's 50th Anniversary. The event was attended by over 220 guests, including families and friends of Warrah both past and present, Board members and long term supporters.

The special day recognised the contribution of Warrah's co-founder and Guest of Honour, Hannelor Kaltenbach, along with her late husband, in establishing the Warrah community in the 1960s.

The event included speeches from several people including Julian Leeser MP, Federal Member for Berowra, who spoke of the way Warrah's services support individuals living with disability to live their life with purpose and dignity. Elizabeth Hargreaves and Jane Cole each shared their personal experience and deep appreciation of how Warrah has touched the lives of their family and loved ones who are Warrah residents.

The cake was fittingly cut by Hannelor Kaltenbach, Chris Rolnik (one of Warrah's earliest residents) and Megan Davies (one of Warrah's newest residents at Torrs). Celebrations will continue throughout the year.

Local Support

Warrah was selected to participate in the 'Local Matters' community donation program at the Grill'd restaurant, located at Rouse Hill Town Centre in April.

Local Matters is the Grill'd community donation program that sees each Grill'd restaurant donate \$500 back into the community every month. The donation is split between three local community groups.

A few of Warrah's residents visited the restaurant for a burger during the campaign and popped their Local Matters token in the Warrah jar.



Clients placing their tokens in the Warrah jar

Warrah Specialist School City2Surf Team

After successfully taking part last year for the first time, the Warrah Specialist School Team have signed up again to participate in the 2019 City2Surf on Sunday 11 August.

This year the Warrah Specialist School team will walk, jog and run to raise money to fund new therapeutic and life skills programs to support students to learn, live and grow. We invite family members and friends of Warrah to register for the City2Surf and join the team to help fundraise for our fabulous school. To join the team, set up an individual fundraising page. To get started go to this page: <https://city2surf2019.everydayhero.com/au/warrahsociety/get-started>

Once you have set up your individual page, search for 'Warrah Specialist School Team' and select 'Join this Team'. Now you have been added to the team page!

Spring Raffle

We are organising our annual Spring raffle again to raise funds for Warrah. The raffle was very successful last year, with \$6,532 raised after expenses (more than twice as the previous year). The prizes for the 2019 Warrah Spring Raffle include:

First Prize: Billabong Retreat Package Valued at \$1,200
One night donated by Billabong Retreat

Second Prize: Fairmont Resort Stay and Play Golf Package Valued at \$729

Third Prize: High-Pressure Cleaner and Bunnings Voucher Valued at \$399
High-pressure cleaner donated by Bunnings Dural

Fourth 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

Fifth 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 2-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.

We are incredibly grateful to the businesses who have donated prizes. Tickets are \$5 each, 3 for \$10 and a book is \$50. Raffle books will be sent to families in July. Winning tickets will be drawn on Monday 16 September 2019 at 1.30pm.

Warrah Charity Lunch at Fred's

Warrah will be holding a charity lunch at Fred's restaurant in Paddington in early June. The venue, along with a delicious lunch, has been kindly offered by Justin Hemmes, of the Merivale Group. Justin was awarded the Property Person of the Year in 2018 at the Urban Taskforce charity event, of which Warrah is a major beneficiary.

Around 60 people will be attending. Funds raised will be used to provide specialist therapeutic and life skills programs for students at Warrah Specialist School. Warrah is grateful for this opportunity and hopes to inspire guests to engage and partner with Warrah going forward.

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

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 Farm

Moving into winter is always a welcome moment for us on the Farm, getting everything back into order after the intensity of the year and preparing for the spring ahead. Since our last newsletter, we have unfortunately seen Simon depart for the Hornsby Community Nursery. He goes with our best wishes and gratitude for his contribution and dedication over his time spent with us, and we are pleased to be fulfilling our ambition of training people in something that is meaningful and serves the community.

We are delighted to have the opportunity to introduce our latest team member in Steven Tennikoff. Steven will be working with both the farm and landscaping team. With a strong background in organic market gardening and holistic land management, a passion for sustainable food production and community engagement, he is an excellent fit for our community. Please extend a warm Warrah welcome when you see him around.



New Farm and Grounds Assistant, Steven Tennikoff

Our partnership with TAFE continues to thrive as 10 of our discovery group clients gain valuable skills and training towards a Certificate 1 in Work Education. So far, the team have been involved in a garden makeover and are currently in the process of building a chicken run and coop in front of the Farm Shop. It is a joy to see them all involved in sculpting the site and increasing their sense of connectivity and sense of place. So many transferable skills are being learned and expressed, and the group is leaving a great impression.

We recently held our annual Harvest festival up at the Farm. It was a great occasion with so many of our

clients and colleagues enjoying the celebration and sharing a lovingly prepared meal together. A wide range of offerings made throughout the year by our school, clients and the Farm were gathered and distributed through St. Vincent de Paul Society.



Oscar clearing out dirt for the chicken coop build

I am often asked, what is the difference between organic and biodynamic? Many parallels exist between organic and biodynamic practices as with all sound methodologies. What makes the biodynamic approach uniquely different to other growing methodologies is that as biodynamic practitioners, not only do we approach the Farm as a living organism we also work with the earth in relation to the broader cosmos.

A key aspect unique to the biodynamic approach is the intensive use of biodynamic preparations. The preparations are applied to the soil, to plants and in the preparation of manure and compost.

It is important to remember that biodynamics is not something that we can grasp with our intellect; we are required to enter into the experience. The making and particularly the stirring and application of the preparations gives us this opportunity to experience something of the essence of a year on the Farm and to work with the 'super-sensible' world. With the field preparations, we do this through the rhythmical stirring of the preparation for one hour in rainwater. As we stir, we create life-giving vortices and a pulsing effect. The water becomes enlivened with expansion and contraction, the oxygen content increases and cosmic forces are introduced, enabling the water to become a dynamic carrier of the life energy of the preparation as it is spread over the land.

We have done our final stir and spray until spring, again something that really marks the year for us. From all at the Farm wishing you a great winter.

Rob Greatholder
Farm Manager



Warrah Farm Enterprises

Although there is some lovely autumn leaves about, as I write this the weather is unseasonably warm. We have even been able to sell a late flush of our own Warrah Farm strawberries this week, much to the delight of customers. More typically, this is the season of navel oranges, grapefruit, mandarins and the brassica family - broccoli, romanesco, cauliflower, cabbage, pak choi and kale.

The renovations that took place over the course of last year were finally wrapped up with the floor being sealed in January. Thanks to the maintenance team for their hard work. What a messy business that turned out to be just before the Farm Shop opened! Extending our range and increasing our reach means that we now provide top quality organic and biodynamic produce, groceries, flowers, fresh meat and sourdough bread to around 500 people each week.

In addition to regular Farm Shop customers, this number includes members of various co-ops, Billabong Retreat's kitchen and Warrah's residential houses. Families or individuals join these co-ops or veggie box schemes, as they are sometimes called, to receive a beautiful box of organic fruit and veg at about 10% less than they would be able to purchase the produce in the store.

Currently, our boxes are delivered to hubs/pick-up points in Lane Cove, Bronte, Edgecliff, the Blue Mountains and Castlecrag. Boxes contain seasonal produce, which varies weekly. The Farm Shop team selects popular everyday fruit and vegetables of high quality based on what is the best value available at the time.

All Warrah staff are welcome to sign up to receive a box on a Thursday afternoon. Over and above the discounted price of the produce in the boxes, staff also qualify for their usual discount on Farm Shop purchases. Activities like bagging salad mix, weighing fruit and veg, packing the van and making deliveries all provide opportunities for Warrah's Specialist School students and young adult clients to be actively engaged and productive participants in our enterprise. We also bag dry goods like rice and nuts bought in bulk.

Labelling, weighing and counting the bags are further productive activities for our clients to get involved in.

We are busy planning a photo wall project to encourage conversation with customers about these activities, as well as more interaction between the clients involved and our Farm Shop customers. While it may sometimes seem quiet when you visit the Farm Shop, it can get very busy. To keep our shelves so well stocked, we receive up to 17 deliveries each week.

Since the last edition, there have been some changes to the team taking on all these tasks. Cheryl and Laura have moved from casual to permanent part-time contracts, which means they are here more often and have committed to more responsibilities. This follows Peter's decision to retire and focus on some new personal projects. We have been lucky to have him here so long, spreading the word about the work of Warrah. We wish him well.

We've also been fortunate to have the support of our group of volunteers from Germany. We are very grateful for their hard work. Fiona has proven especially enthusiastic and committed to all that we do. It has been lovely for us to see her growing in ease and confidence as she masters the Australianisms and the many different tasks in the Farm Shop. The team is ready for whatever the coming winter holds!

The Farm Shop Team

Winter Produce in Store

Greens: Cos Lettuce, Coriander, Black and Curly Kale, Parsley, Rainbow Chard, Baby Spinach, Salad Mix, Silverbeet

Veggies: Green Beans, Beetroot, Broccoli, Broccolini, Green and Red Cabbage, Green and Red Capsicum, Carrots, Cauliflower, Celery, Green Chilli, Lebanese Cucumber, Eggplant, Fennel, Garlic, Ginger, Leek, Mushrooms, Brown and Red Onions, Parsnips, Turnips, Squash, Romanesco, Cabbage, Pak Choi, Kale

Fruits: Granny Smith Apples, Pink Lady Apples, Royal Gala Apples, Hass Avocados, Cavendish Bananas, Mandarins, Ruby Grapefruit, Lemons, Limes, Navel Oranges, Passionfruit, Pineapples, Quinces, Mandarins



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.warrahs.org