



GANZ NEWSLETTER – Feb 2019

Welcome to the February 2019 edition of the GANZ Newsletter. In this edition you will find information on:

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If you would like to contribute items to the GANZ Newsletter, please contact the Newsletter Editor on ganz.membership@gmail.com

COUNCIL NEWS

Welcome to the first GANZ Newsletter of 2019!

The GANZ Council met for the first time this year on 3-Feb-19 and worked a range of topics, including:

- Developing policy to support members to access professional development
- Advocacy for the value of depth experiential psychotherapy training in a number of forums, including with PACFA
- Clarifying the requirements for a practitioner to be displayed on the public Gestalt Therapist's list. Briefly, it is a requirement that practitioner's hold registration with an appropriate accreditation authority. At a minimum, the accreditation authority would:
 - Have Code of Ethics with a complaints process
 - Provide professional indemnity insurance or have a requirement that insurance as held
 - Have capacity to verify qualifications and training standards

A list of [accreditation bodies](#) currently recognised by GANZ is on our website, and if your accreditation organisation is not on the list, please contact us on ganz.membership@gmail.com

- Updates regarding International activity, our membership and budget and the 2019 GANZ Gathering were also discussed.
- The latest version of [Constitution](#) passed at the AGM 19-Sep-19 is also available for viewing on our website



We would also like to congratulate Ann Garretty who has been awarded the first of two research scholarships to attend the Gestalt Research Conference in Santiago in May 2019. One scholarship is still available and the deadline for application has been extended to 31-Mar-2019. Application details are available here: [GANZ-Research-Conference-Scholarship-application.pdf](#)

If you have any questions or would like to contribute to GANZ in some way, please let us know

The GANZ Council.

Jelena, Anthony, Barbara, , Leanne, Madeleine, Marc, Leonie & Eric

GESTALT CONFERENCES



Three Months to Go!
**Now is the time to register for the Gathering/Hui so that
you can participate fully in the process**

**Flash sale at early bird rate for one week -Friday
February 15-22nd**

www.ganzgathering.com.au

Dear Colleague

We are delighted to let you know that 75 people have already registered for the Gathering/Hui. If you plan to attend but have not yet done so now is the perfect time to register, as this letter launches the first of our three warm-up activities that will help us explore the theme more deeply. We want as many people as possible to join us in this dynamic event. **It is time to turn your intention into action.**

We have a larger view of the value of this unique event and therefore we are sending the three self-discovery inquiry activities to everyone in the GANZ community and beyond. We are interested in creating a community, professional and personal development experience for both people attending in person and those unable to be present. **We want to include you even if you can't come.**

This letter elaborates our perspective on this community experiment and how the three activities will support a deeper exploration at the Gathering/Hui as well as create wider field conditions of support for our time together.

**An invitation to participate in a warm-up activity for the
Gathering/Hui - February**

PERCEPTION - EXPERIENCE - ACTION

Welcome to the **first of three self-directed discovery
activities – something **reflective** to do before you arrive!**



Context and purpose of activities

The purpose of the three (3) pre-Gathering/Hui activities is to invite everyone attending and those not attending to undertake some personal reflections as preparation for engaging with the interactive nature of the Gathering/Hui. Each activity aims to support us to have an informed voice in certain sessions in the program.

In place of offering panels and the traditional choosing from a menu of workshops or presentations, each day of the Gathering/Hui's overall process-oriented design builds on experiences of the previous day. In effect, the Gathering/Hui is a macrocosm of the gestalt process within a community situation. Rather than focusing on any single social issue, the intention is to support participation through engaging together across a variety of configurations in exploring and expanding our understandings and learnings around the core theme of ***Catalysts for transformation***.

From our personal and professional experience as citizens and practitioners we know that in our life experiences and the work we do that we all witness a wide range of personal distress within diverse aspects of society. Our craft provides us with the ability to offer transformational processes and to develop personal capacities and skill sets that illuminate a deeper awareness of what catalyses change. Our invitation to you to engage with each of the three self-directed discovery activities reflects our hope to optimise our individual and collective capacity to explore deeply the theme of the Gathering/Hui.

Understandings of the facilitation group

As a facilitation group we have come to understand that we represent an incomplete microcosm of global diversity, yet our diversity includes a mix of gender, sexual orientation, disability, ancestry, facility in languages other than English with associated cultural sensitivities, and a variety of belief systems from the sacred to profane. For us, as well as for many others these and other attributes may intersect. We also believe that no one person is entirely within their 'culture' given such diversity, and that we all have some form of cultural incompetence in relating to our clients, colleagues and the wider community whether individuals, social groups or larger systems.

We recognise that many of the diverse groups and experiences of our broader communities may not be represented in person within the collective of participants at the Gathering/Hui, especially given the wide range of attributes listed in human rights legislation that might invite unlawful discrimination. We have grappled with the reality of our Gathering/Hui being unrepresentative and we have come to appreciate that we cannot be more than we are, but also, we do not want to be less than we are. We will work with what we have, understanding that this is not all there is.

Throughout our process we recognised that in our work all of us, including students, may engage with members of diverse communities who will not be represented at the Gathering/Hui and on whose behalf, we may be tempted to speak. While it is possible to be a spokesperson for the under-represented, we encourage speakers during the Gathering/Hui to be clear about the personal context of their contributions and not assume their views are representative. We encourage sensitivity, openness, courage, kindness and compassion in our ways of being together and speaking about others.

We remain committed to furthering the vision of gestalt therapy's founders, and many others since then, in fostering the contribution of gestalt to individual and social change processes that value inclusive collaboration, develop restorative action, and reject oppression. We have come to realise that these transformative processes are not conceptual - they are at the heart of the Gathering/Hui. As a result, we profoundly realise that our Gathering/Hui will mirror the dynamics that play out in the wider field. The opportunity in our coming together is that as these inflammatory stuck points of misunderstanding and overreach manifest, rather than moving into isolation and alienation, we will collectively breathe and create the space to discover the catalysts required in the moment to enable transformation.

Background to the development of the activities

As a facilitation group, in reviewing and reflecting on our own experiences together in working with the Gathering/Hui theme we identified three aspects of our relationship to the world that appeared relevant to designing the three pre-Gathering/Hui activities,

PERCEPTION – EXPERIENCE – ACTION.

The first area of inquiry related to **perception and our perceptions**. We became interested in the structures of the ground, or more specifically how the field is organised around issues related to the theme and the dynamic reciprocal relationship of the field on us and us on the field. The second area of interest related to **experience**. We realised that we all have personal stores of transformation that we have experienced or witnessed and that these are the portal through which we might discover further catalysts for transformation. The third guiding focus was **action**. We wanted to activate our inspiration, passion and intention to take transformative action in our personal relationship with ourselves, as gestalt practitioners and as citizen activists.

It is with pleasure that we offer you the first of three self-directed discovery activities to engage with. Activity two will be published in the first week of March and activity three in the first week of April. Our hope is that together these three activities will deepen your exploration of the theme, warm you up to this GANZ event and enliven our sessions together.

Self-directed discovery activity 1: Perception

We are inviting you to engage in a personal inquiry into the ground on which we stand; specifically, the ground of our perceptions. In acts of mutual influence, we are continuously shaping and being shaped by our attitudes and beliefs – conscious and unconscious. We tend to act in ways that are aligned with our attitudes and beliefs: these are the drivers of our acts of compassion and bias; acceptance and prejudice; fairness and discrimination. We are interested in uncovering our perceptual ground and its impact.

We have some inquiry questions to guide your reflections and cultivate your awareness:

1. What experiences have you had of being the subject of another person's power, exclusion and/or being objectified - in other words being "*othered*"?
2. On what basis do you believe you were "*othered*", for example your class, gender, ethnicity, race, sexual orientation, language, religion, age, nationality, world-regions, specific beliefs or attitudes and more.
3. In what ways have you interacted from a position power, privilege, bias, objectification either consciously, or out of your awareness where you have "*othered*" someone?
4. Take some time over the coming month and ongoingly in the lead up to the Gathering/Hui to identify the perceptions, attitudes and beliefs that reflect your personal experience of *othering and being othered*.
5. Your reflections will support your contribution to session one on Friday evening in a novel introduction process.

We wish you well in your exploration and encourage you to invite a friend, or colleague who might have a different voice to yours to accompany you to the Gathering/Hui.

Gathering/Hui Facilitation Group

Mike Reed, Brenda Levien, Alan Meara and Gabe Phillips

And Gathering/Hui Convenor

Ashleigh Power



COMMUNITY NEWS

From the EAGT:

We wish you a very Happy New Year! Today we turn to you with a special request to support our founders' family Renate Perls and her daughter Leslie Gold:

Renate Perls (Fritz's and Laura's daughter, 87 years old) and her own daughter, Leslie Gold, are both on the verge of becoming homeless in New York.

For a long time, they have been struggling to survive on very meager resources and subject to fragile health, with Leslie taking responsibility for Renate's basic needs.

After many years, Leslie finally convinced Renate to get some public assistance, so she now receives a modest Social Security payment, SSI, food benefits, and Medicaid.

Lately, Leslie's health has deteriorated dramatically, she can neither work nor help Renate in any way, and she is now looking to find an affordable home for the elderly for Renate. Unfortunately, there is a long waiting list for all senior assisted living homes that are decent, and it is also unclear whether the costs of this home will be covered by public funds in addition to Renate's meager Social Security pension. Renate's resources are completely dried out and they are in a desperate situation.

This sad information comes to us from a most reliable colleague, who, for years has kept contact with them for the sake of her friendship with Laura. This colleague tries to give Renate and Leslie emotional support, cared for them and supported them financially from time to time, collecting some donations from close friends, former trainees of Laura.

At present the situation is too serious and before it gets out of hand, we have decided to alert our community and launch a crowd-funding campaign to help Leslie cover her accumulated debts and help them with their monthly costs at least until Renate can be placed in a decent senior assisted living facility.

Obviously, we need to act as soon as possible before more damage is done. This would be a joint effort of EAGT, AAGT and NYIGT, in the spirit of our mutual social responsibility, and a moral obligation which we owe to our spiritual, theoretical professional ancestors.

We hope you will find it in your heart to donate and we thank you in advance for any and all support you can give.



Our colleagues from NYIGT Dan Bloom, Burt Lazarin, Adam Weitz and Gail Feinstein have set up a GoFundMe page to collect donations for Renate and Leslie, our founders' family:

www.gofundme.com/gestalt-founder039s-family

You can help our founders' family with your donation of any size. \$5, \$25. \$100 ... the fee for a session.... more... anything. The amount collected goes directly to them.

With a big thank you and best wishes for a happy and peaceful 2019,

Beatrix Wimmer, EAGT President
Tali Levine Bar-Yoseph, AAGT President
Adam Weitz, NYIGT President

P.S. The full report, including financial and health details, is in our hands and will be made available if needed.

PEER GROUPS

Peer Group Contacts

If you are interested in joining or setting up a group, please contact Barbara Churcher on:
contact@barbarachurcher.com.au

Gestalt Interest Group Get Together- Sydney

Anyone who has an interest in Gestalt Therapy and Ideas is warmly welcomed to an informal get-together to enjoy a drink, a bit of food and conversation with other like-minded people. Please forward this email to others who you think may like to join us. Hear about the Gestalt Interest Group (now one year old) and the inspiring GANZ Gathering planned for May this year. GANZ membership not necessary to attend- everyone is welcome.

Where: 198 Edinburgh Rd, Castlecrag

When: 21 February, 6pm to 8.30pm

Please bring a bottle or plate of hand-around food to share. Soft drinks, tunes and enthusiastic hospitality provided.

R.S.V.P to Zan Goodrich by text: 0414 338 966

Susanna Goodrich
Psychotherapist and Supervisor
susanna_goodrich@silverspirit.com.au
Ph: 0414 338 966

JOURNAL

GANZ Journal

I am pleased to announce that the Nov 2018 edition (Vol 15, No 1) of the Gestalt Journal of Australia and New Zealand is now available for downloading from the GANZ website <https://www.ganz.org.au/>

The editorial expands the theme of the 2019 GANZ community Gathering/Hui: 'Catalysts for transformation', with an update on progress and the intentions for pre gathering activities as well as situating these within a global perspective. We have offerings that explore neuroscientific aspects of cognitive and aesthetic processes in therapeutic process including the roles of the use of self, and of creativity and play in therapeutic engagement. A book review explores the contribution of the Cleveland based Cape Cod model grounded in the authors' reflective processes around the application of change processes at various levels within social situations

	
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Sadly, there is the honouring of the passing of two significant contributors to our craft: Bud Feder and Georges Wollants.

As always, your voices in print in representing issues and ideas that are important to you are welcome, with the offer of support to refine your work where necessary. Happy reading, and best wishes for a restorative festive season, Alan Meara.

Editor, GANZ Journal

Contact email: ozgjeditor@ganz.org.au

British Gestalt Journal

The latest edition of the BG Journal can be found on the website with back issues also available. Subscriptions, youtube interviews, videos, calendar of professional development events and more are also on the website:

<https://www.britishgestaltjournal.com/>

Joint publication of The Gestalt Journal Press and The Gestalt Therapy Network

"News and Notes" is a joint publication of The Gestalt Journal Press and The Gestalt Therapy Network. Published irregularly, it reaches more than five thousand readers via email worldwide and contains information of interest to the Gestalt community ranging from employment notices to workshop announcements, to requests for information and references.

For information about submitting contributions to News and Notes, send an email requesting information to gestaltnews@gestalt.org.



The website <http://www.gestalttherapy.net/> offers a place for gestalt students, teachers and practitioners to talk to each other, learn from each other and create a network of shared resources. It includes information such as a bibliography of gestalt writings, a writer's page a practitioner directory and much more.

RESEARCH

Reminder for Scholarships for attending the 2019 Gestalt Research Conference

One scholarship of \$150 USD towards the cost of the tickets for 2019 Gestalt Research Conference in Santiago is still available. The International Gestalt Research Association will match funding provided by GANZ, which together will cover the total cost of the conference ticket. The Scholarship does not cover costs of flights or accommodation.



For the application process please click here: [GANZ-Research-Conference-Scholarship-application.pdf](#)

The application deadline has been extended to 31-Mar-19

The GANZ website research page <https://www.ganz.org.au/research/> contains resources and information on research relating to Gestalt Therapy, including details of:

- GANZ Research Conference Scholarships
- Current research projects
- Research Presentation at 2018 AAGT Conference
- Recent international research relating to Gestalt Therapy
- The 2019 Gestalt Research conference
- The 2017 Research edition of GJANZ

Madeleine Fogarty.



PROFESSIONAL DEVELOPMENT OPPORTUNITIES

Disclaimer: Sharing of information relating to Gestalt Therapy is offered to GANZ members as a service for members, and does not imply endorsement of the information by GANZ.

How to submit a training event

GANZ offers members the opportunity to advertise their own workshops and events on the GANZ website, Facebook, and through the GANZ Newsletter. Advertising is free to members. If you would like to apply for a workshop or event to be advertised through GANZ, please submit the details at <https://www.ganz.org.au/events/community/add> or via the Training and Events menu.

Once GANZ approves the application, a calendar event, blog post and Facebook post will be created. Each month, new training events will also be listed in the newsletter to members. Some things to note:

- Flyers can be uploaded if they are image files e.g. jpg or png, but not pdf files. Windows users can convert pdf files to jpg through the “windows snipping tool”, and Mac users can use the “FileExport As” menu
- It is not necessary to log in to your GANZ membership account to submit events, but if you do login before submitting an event you will gain the ability to edit previously submitted events and won't have to do the somewhat annoying “I am not a robot” procedure when submitting events

If you need any help, please contact ganz.membership@gmail.com

March 2019

Realising our gifts

7-10 March 2019

We are bombarded by endless invitations and demands to find another string to our bows to be successful in the world. How to find a balance between excitement and stimulation and commitment that will be the fit best for you given your innate skills and interests?

Struggle too hard and you are likely to collapse, fall back too fearful and you risk losing your mojo.

The treasure inside each of us may have been buried by trauma, unhelpful family patterns or overblown expectations. To become fully aware of our own processes is the pathway to satisfaction. When we do this we feel choiceful and alive.

To realize your full potential you will need to develop a set of skills and capacities, marshalling internal resources and pulling in of greater connections.

We can provide the basic tools, you can bring your verve and determination to succeed in your own life.

Phil has been a Gestalt therapist since 1986 and was Director of Sydney Gestalt Institute for 15



years. He is a master at plotting the field, opening up possibilities and bringing your magnificence to full awareness.

This event will be held at Anahata Waters near Mullumbimby, beside a beautiful pristine lake for swimming and watching platypus, birdlife, turtles and fish. Airport transfers can be arranged. The event will be fully catered by a 2 hatted chef.

Location: Anahata Waters, 859 Wilsons Creek Road, Mullumbimby, NSW 2482 Australia

Contact: Rhonda Gibson Long Ph: 02-66840095 Email: Rhonda@gestaltsydney.com

Web: www.anahataretreats.com.au

[Anahata-Retreats-March-2019 flyer](#)

Replenish, Soulful Retreats for Therapists

20-24 March 2019

As therapists we are constantly holding space for others. This may have an effect on our overall well-being. Replenish Retreat provides the opportunity to care for your own needs. This retreat is all about nourishing you. With daily yoga, meditation, scrumptious food, massages and spending time in nature, at the beautiful Noonaweena Resort on the Central Coast. Meet other like-minded people, share your experiences and make new friends or business associates.

There is more to be gained attending the Replenish Retreat. You will attain 20 OPD/CPD points. We are excited to have Phil Oldfield, previous Director Sydney Gestalt Institute, Gestalt Trainer since 1986 and Founding member of GANZ as one of our guest facilitators presenting on Mindfulness and Gestalt Therapy.

AND you will gain a Foundation Certificate in [Resource Therapy](#), facilitated by Tamika Dwight-Scott Clinical Resource Therapist and Trainer, Master of Gestalt Psychotherapy, Clinical Hypnotherapist, Group Facilitator and Supervisor, Facilitator at Petrea King's Quest for Life (Foundation Certificate cost is usually \$500.00, but included at no extra charge as part of your retreat attendance).

Give yourself the gift of time away from life's demands. Recharge, take stock and make changes to enrich your life.

For more information: [Replenish retreat flyer](#)

Location: Noonaweena Resort

1442 George Downes Drive, Kulnura, NSW, 2250

Contact: Tamika Dwight-Scott on: 0404884257 or innapeace@iinet.net.au

Web: <https://www.replenishretreats.com.au/>



Systemic/Structural/Family Constellation Training

29-31 March 2019

This course provides the participant with an experiential, educational and theoretical background of systemic constellation work and blends it with the principles and practice of Gestalt therapy.

Please see the [2019 Systemic Structural Family Constellation Training Flyer](#) for more information

For a more detailed Course Outline & Application Form contact Maria Dolenc.

T: 02 8021 2177

M: 0425 277 279

E: maria@mariadolenc.com.au

W: www.mariadolenc.com.au

For more information about Systemic Constellation work:

www.family-constellations.org

www.constellationflow.com

July 2019

Systemic/Structural/Family Constellation Training

5-7 July 2019

This course provides the participant with an experiential, educational and theoretical background of systemic constellation work and blends it with the principles and practice of Gestalt therapy.

Please see the [2019 Systemic Structural Family Constellation Training Flyer](#) for more information.

For a more detailed Course Outline & Application Form contact Maria Dolenc.

T: 02 8021 2177

M: 0425 277 279

E: maria@mariadolenc.com.au

W: www.mariadolenc.com.au

For more information about Systemic Constellation work:

www.family-constellations.org

www.constellationflow.com

August 2019

Advanced Training in Supervision Theory & Practice – A relational & experiential process

Presenters: Greer White, Leila Davis, Tine Mueller

24-25 August 2019/14-15 September 2019/26-27 October 2019

This exciting and newly developed training program provides participants with 39 hours of direct face to face supervision training within a training group over three weekends. This experiential



learning will allow participants to enhance their practice of individual and group supervision within a supportive environment. Successful participants will be able to apply to be listed as an accredited supervisor on the PACFA National Register.

The teaching offered will draw on the theory and practice of supervision. It will include principles of the Gestalt Therapy method in the supervisory setting: field sensitivity, relational dialogue, experimentation and here and now attention. Learning will take place face to face, through the facilitation of incremental learning experience and experimentation, seminar-based discussions, and through collaborative and cooperative learning with facilitator and peer interaction. For more information please see [GTB Supervision Workshop flyer](#)

Location: Gestalt Therapy Brisbane

431 Montague Road, West End 4101

Contact: Tina on 07 38444204 or contact@gestalttherapybrisbane.qld.edu.au

Web: <http://www.gestalttherapybrisbane.qld.edu.au/workshop-advanced-training-in-supervision>

Cost: \$2,400/\$2,200 (GTB students/graduates)

Who is the workshop for?

- Psychotherapists, counsellors, social workers, psychologists, mental health workers, occupational therapists, HR managers, leadership coaches etc.
- Training is suitable and relevant for clinicians of diverse therapeutic approaches and professionals in fields not related to psychotherapy
- A professional qualification is expected and five years of experience in a relevant field.

Apply online now!

Tea and coffee will be provided. Please bring your own lunch. There are several cafes in the area. All day street parking is available over the weekends.

September 2019

Systemic/Structural/Family Constellation Training

27 – 29 Sep 2019

This course provides the participant with an experiential, educational and theoretical background of systemic constellation work and blends it with the principles and practice of Gestalt therapy.

Please see the [2019 Systemic Structural Family Constellation Training Flyer](#) for more information

For a more detailed Course Outline & Application Form contact Maria Dolenc.

T: 02 8021 2177

M: 0425 277 279

E: maria@mariadolenc.com.au



W: www.mariadolenc.com.au

For more information about Systemic Constellation work:

www.family-constellations.org

www.constellationflow.com

November 2019

Systemic/Structural/Family Constellation Training

8 – 10 November 2019

This course provides the participant with an experiential, educational and theoretical background of systemic constellation work and blends it with the principles and practice of Gestalt therapy. Please see the [2019 Systemic Structural Family Constellation Training Flyer](#) for more information

For a more detailed Course Outline & Application Form contact Maria Dolenc.

T: 02 8021 2177

M: 0425 277 279

E: maria@mariadolenc.com.au

W: www.mariadolenc.com.au

For more information about Systemic Constellation work: www.family-constellations.org
www.constellationflow.com

Summer residential - Istituto di Gestalt Italy in Byron Bay - *Contemporary Gestalt thought and practice next to the ocean!* With Dr. Margherita Spagnuolo Lobb

18-23 November 2019

Margherita Spagnuolo Lobb brings her well received 1-week summer residential straight from Italy to Tallows Beach Retreat Centre between the Teatree Lake and the Pacific Ocean!

One of the most important and often forgotten issues for psychotherapists is to take care of oneself and to give oneself time and space to breathe, concentrate, to be able to accept the support of someone else.

This summer retreat and professional development program will offer you the possibility to work on yourself, while being updated on contemporary Gestalt therapy theory and to reflect on the application of Gestalt therapy principles to today's clinical problems.

And of course – to have good food, swim in the Pacific Ocean off Byron Bay, be together and visit the stunning surrounding area!

What will be offered

- Opportunities for personal work within a supportive group environment
- Update on new developments in Gestalt Therapy theory and practice
- Opportunities for participants to reflect on their own clinical practice



- Peer support
- Beautiful accommodation and environment to enjoy
- Time for walks on the beach
- Tasty vegan food prepared by popular chef Anthea
- opportunities to socialise

For more information: [GTB Flyer: Margherita workshop Byron Bay](#)

Location: Tallows Beach Houses Byron Bay

Contact: Tina on 07 38444204 or contact@gestalttherapybrisbane.qld.edu.au

Web: <http://www.gestalttherapybrisbane.qld.edu.au/workshop-margherita-at-byron-bay-nov-2019/>

Cost: \$1850 (Early bird ends 27 July 2019)

\$2,200 *standard registration *payment plans available for standard registration

Included:

- Twin share accommodation at Tallows Beach Houses
- Food

Register online now!