

Autumn 2016

Newsletter nr 1



Christophorus House
Retirement Village

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Cover photo: flowering Bromeliad, Easter

Editor's Letter

Dear readers, welcome to our first Newsletter for 2016. After the more than balmy days we are thankfully finally winding down to cooler mornings, heralding in the autumn! We are transitioning not just the season but changes are taking place around the Village and also in the area. Milan's report on the building project finance is eagerly awaited. The Hostel report features a long time resident who celebrated his 100th birthday. Founding Member David Wansbrough shares a fascinating and humorous account of meeting Henry Lawson – a good read! And on the health

front, we look at the delicious benefits of bananas. As usual, we have some inspiring passages and poems to share. I'm always interested to hear from readers who wish to contribute a short story or poem, so please email me at mbebb@christophorushouse.com.au to let me know. A reminder: we have a small library which is open during the week to those interested in the works of Rudolf Steiner and other related authors. Contemporary DVD's are also available for loan. Please call or come in for a visit. Until next time,

Monika Bebb
Self Care Liaison Officer



Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

It's a busy time these days as we gear up for the Hostel accreditation (every 3 years) such as making sure all the boxes are ticked on current paperwork, service reports and certificates. Though not a major concern as all regular and preventative maintenance, services and policies are just an ongoing

necessity but time-consuming non-the-less. ILU Unit 23 renovations are underway with extensive work being done. With the current dry spell, the gardens and grounds are still looking amazing thanks to Jason's hard work. Residents, too, help with watering and gardening around the place. My Level 2 Fire Safety Manager's refresher course is due in April, a training I need to attend to every 3 years – the time has flown! A special big thank you to Dilu (Hostel cleaner)

who helps me with out with many tasks around the place –there's never any fuss or hesitation! I'm proud to be part of a great team of staff where everyone pitches in whenever and wherever help is needed.



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Hostel Hours: Staff on duty at all times, 7 days
per week (After Hours after 6pm 0403 575 079)

Patron: Dr h.c. Karl Kaltenbach, OAM;

Board Members: Chairman Robert Allerdice,

Mary Arndell, Graham Long, Sune Nielsen,

Madeleine Pathe, John D Shaw & Ian Kircher

CEO: Milan Telford; **Hostel Manager:** Denise
Zhao; **Hostel Supervisor:** Vik Sonea;

Self Care Liaison Officer: Monika Bebb;
Maintenance Supervisor: Hayden Ibbett.

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**If you have some information, an event or
an item you wish published, please contact
Monika on (02)9476 3161 ext 2 or email
mbebb@christophorushouse.com.au**

From the Desk of the Chief Executive



New ILU Development

This Newsletter is some weeks behind in being issued; I have deliberately delayed this because I have been waiting for official documents to confirm the loan finance agreement we have been waiting for. Whilst the bank has approved our loan, the final documents need to reflect the conditions of the loan that have been negotiated and are acceptable to CHRV and this is what we have been waiting for. Due to the long process in getting the loan approved, certain reports had to be re-obtained, including the valuation report on the Mildred Avenue properties. Because the valuations had increased, CHRV was able, under the bank's lending criteria, to borrow more; this, coupled with our ability to source additional funds for the communal areas of the project, has meant that we have now gone back to being able to build the entire development in 'one' stage (and not as a hybrid, or as a two stage development). As I am writing this (Monday 4th April), we are extremely close in obtaining the documents from the bank solicitor. As late as today, there was one more issue that needed acquiescence from us, and we have complied with this. It is hoped that by the time this Newsletter is in print, the loan agreement would have been received, vetted by our solicitor and ready to be signed. The signing will occur at the same time as the signing with the builder's contract. It is hoped that construction work will commence late April/early May. The contract allows for 14 months

of construction work and then up to 3 months for rainy weather (2 months is the norm). Following the signing of contracts, I shall hold a meeting with all those who have signed Expression of Interest forms and a letter will be sent to them. I plan to have regular meetings to update everyone. At this point, let me express my thanks to all of you for being so patient.

24/7 Registered Nurses (RNs)

Due to changes in the Commonwealth 'Aged Care Act 1999' which came into effect in July 2014 and which removed the distinction as between Nursing Homes and Hostels, resulted in a 'spin-off' from this, unique to NSW, in that reference in the NSW Public Health Act to 'Nursing Homes', mobilised the nurses union into mounting a campaign to have registered nurses employed in all aged care on a 24 hour, 7 day a week basis. The industry itself is highly regulated in Commonwealth legislation and following a NSW Senate Inquiry, the Minister (Minister Skinner) has yet to announce her decision, based on the recommendation of the Senate Inquiry. CHRV is active at both the state and federal level, in lobbying to ensure that prescribed 'labour inputs' do not become mandatory in the industry.

Bill Arndell - 100th Birthday
Retired senior police man, Chief Inspector and resident Bill Arndell, reached his 100th innings in March, (yes, Bill is a Don Bradman fan) and this was well celebrated throughout the week. Firstly a special lunch with family and residents was held on his birthday proper, with the Chef preparing a most delicious three course meal, which was highly praised by all that attended. Following, on the Friday, in what can only be described as a 'perfect day' we had a celebration on the outside lawn with a contingent of senior serving and ex police officers present. Bill was presented with a beautiful momentum of the occasion emblazoned with NSW police insignia there-on. The Commissioner, Andrew Scipioni who was on duty at another event, was able to send greetings via telephone link and the Assistant Commissioner John Hartley and Superintendent Phil Brooks were on hand to make presentations (see photo below).

As a further honour, Bill was awarded the National Police Service Medal (NPSM). We congratulate Bill on making the innings and for the honours bestowed upon him.

Milan Telford



News from the Hostel

*Kathy Gasper,
Diversional Therapist*

It really seems a bit late to be reminding myself over what happened back at Christmas Time, safe to say though that it was a wonderful season of celebrations. We are so thankful that Berowra Christian School continue to come and visit us and share their musical talents with the residents. I also happen to know that it is a favourite gig for the teachers and students as we love to put on a nice afternoon tea to thank them all for coming to our facility. We also had the Sydney Harbour Federation Trust give us a talk about the many historical sites around our beautiful harbour, an event that was enjoyed by many. Vicki also helped the residents have a fitting send off to 2015 with a quiz drinks and games on New Year's Eve. We wished Anna Halasz a happy birthday for December.



We decided to take **January** a bit easy as we knew that everything



would get very busy again in February and as Vicki and I take turns to have some time off, it didn't stop us taking the residents on bus trips, my personal favourite being Manly Dam where I use to swim as a child. It is such a beautiful location with many ducks and geese. The geese caused much merriment. As we were leaving, I happened to feed one of them who then proceeded to try to get into the bus with us! This time, our monthly long lunch date took us to Mooney Mooney Workers for a change of venue. We celebrated the birthdays of Tom Mulvogue and Dorothy Fifer in January.

February saw us back into the swing of things although it was such a hot month which especially seemed to happen on a Thursday when I get to take the residents out on the bus. Hot Thursdays happened with monotonous regularity and this is when we made an interesting discovery. It is still cool down at the beach as

most days the nor-east winds blow quite nicely in the afternoons. We have been to Mona Vale beach a few times now and every resident remarks how much they like to get the salt air into their lungs – I second that!

And so we come to **March** and that Special Day that we had all been working hard to bring to fruition: I am, of course, talking about Bill Arndell's **100th birthday**! The staff all worked very hard to bring this event (as well as a few other events) to fruition and which would honour Bill and acknowledge the contribution that he has made to this wonderful country of ours. The police from traffic and highway control went to so much trouble to help celebrate Bill's birthday, I can hardly say enough in praise of them. I am also happy to say that Bill still continues to receive visits from friends, weeks after the main event – such is his well deserved popularity. So thank you to everyone who came along and helped Bill celebrate and realise his dream of reaching his 'ton'.

March was a very busy month as we also welcomed back entertainers Ros and Ron as well as the second talk by Marie Palmer from the Sydney Harbour Federation Trust on Garden Island.



Bill Arndell's



100th birthday



Congratulations!

A Banana a Day Keeps the Doctor Away...

A professor at a New York University for a physiological psychology class told his students about bananas. He said the expression 'going bananas' is from the effects of bananas on the brain.

First of all, never, put a banana in the refrigerator! Bananas contain three natural sugars - sucrose, fructose and glucose combined with fibre. A banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by the MIND Institute amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin, known to make you relax, improve your mood and generally make you feel happier.

Anaemia: High in iron, bananas can stimulate the production of haemoglobin in the blood and so helps in cases of anaemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt, making it perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school (England) were helped through their exams by eating bananas at breakfast, break, and lunch in a bid to boost their brain power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Heartburn: Bananas have a natural antacid effect in the body, so if you suffer from heartburn, try eating a banana for soothing relief.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over-chronicler cases. It also neutralizes over-acidity and reduces irritation by coating the lining of the stomach.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer Tryptophan.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be rebalanced with the help of a high-potassium banana snack.

Strokes: According to research in The New England Journal of Medicine, eating bananas as part of a regular diet can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

And finally, if you want a quick shine on our shoes, take the inside of the banana skin and rub directly on the shoe...polish with dry cloth. Amazing fruit!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has four times the protein, twice the carbohydrate, three times the phosphorus, five times the vitamin A and iron, and twice the other vitamins and minerals. It is also rich in potassium and is one of the best value foods around. Maybe it's time to change that well-known phrase so that we say, 'A banana a day keeps the doctor away!'

Sourced at:

<https://www.facebook.com/380437461968988/posts/834828933196503>

<http://www.all-creatures.org/health/bananaday.html>

<http://www.ahealthiermichigan.org/2012/08/24/an-apple-a-day-might-keep-the-doctor-away-but-what-about-a-banana/>

<http://www.medicinalfoodnews.com/vol05/issue1/banana>



A hundred years have passed since 1915. Here are some stats



The average life expectancy for men was 47 years.
 Fuel for cars was sold in chemists only.
 Only 14% of homes had a bath.
 Only 8 % of homes had a telephone.
 The maximum speed limit in most cities was 10 mph.
 The tallest structure in the world was the Eiffel Tower.
 The average British wage in 1915 was £15 per year!
 A competent accountant could expect to earn £800 per year, a dentist £900 per year, a vet between £600 and £900 per year and a mechanical engineer about £2000 per year.

More than 95% of all births took place at home.
 90% of all doctors had no university education.
 Instead, they attended so-called medical schools, many of which were condemned in the press AND the government as "substandard."
 Sugar cost two pence a pound.
 Eggs were 10 pence a dozen.
 Coffee was five pence a pound.

Most women only washed their hair once a month, and, used Borax or egg yolks for shampoo.
 Canada passed a law that prohibited poor people from entering into their country for any reason.
 The five leading causes of death were: pneumonia and influenza, tuberculosis, diarrhoea, heart disease and stroke.

The American flag had 45 stars.
 The population of Las Vegas in Nevada USA was only 30.
 Crossword puzzles, canned beer, and iced tea hadn't been invented yet.
 There was neither a Mother's Day nor a Father's Day.
 Two out of every 10 adults couldn't read or write and, only 6% of all British pupils went to university.
 Marijuana, heroin, and morphine were all available over the counter at local corner chemists. Back then chemists said, "heroin clears the complexion, gives buoyancy to the mind, regulates the stomach, bowels, and is, in fact, a perfect guardian of health!" (Shocking?)

18% of households had at least one full-time servant or domestic help.

There were about 230 reported murders in the whole of America! In 2014, this figure had risen to 14,249. In the UK, the murder rate in 1915 was 1420. In 2015 it was 537. Can you imagine what it may be like in another 100 years?

Sourced at:
<http://www.gouldgenealogy.com/2015/12/the-year-is-1915-just-100-years-ago/>
<http://www.gouldgenealogy.com/wp-content/uploads/2015/12/Thompsons-and-the-Testers-1920s-car.jpg>

Poetry Corner



Imagine This

Lovely is the crossing of summer
 into winter.
 By the roads of enchantment,
 Stand tall yellow trees.
 Bright leaves are falling on the
 sunlit green.
 Lovely the passing of summer, the
 coming of winter,
 When sunlight mingles with firelight
 As age with youth
 As death with life.
Eleanor Trives

Summer Rain

The summer rain began to fall
 I watched it trickling down the wall,
 Accompanied by a gentle breeze
 It cleansed the air, refreshed the trees,
 The birds rejoiced, observed the scene
 As raindrops merged and formed a
 stream,
 No longer parched the earth could now
 Its gift of life, to all endow.

Byron B.

Work Health & Safety Corner (WH&S)

Milan Telford, CEO

In order that a healthy and safe environment is available for all, residents and their families should

- contribute their ideas and viewpoint on health and safety issues at Residents' Meetings;
- appreciate that all policies and tasks will be designed with the well-being of both workers and residents in mind;
- acquaint themselves and comply with the requirements of the Hostel emergency

evacuation plan and any safety rules;

- acknowledge that from time to time some activities and routines may be reorganised to take account of health and safety or rehabilitation needs of a worker;
- acknowledge that all workers have the right to a healthy and safe working life and therefore should not be expected to place themselves at risk of injury in their day-to-day work;
- appreciate that health

and safety considerations may mean that not all requests for services can be accommodated immediately or as expected or preferred.

And to put a smile on your face:



Meeting Henry Lawson

by David Wansbrough (*Founding Member of Christophorus House, writer, poet, artist, lecturer*)

I knew the artist George Finey and spoke at his funeral.

When he was 92, his 24 year old girl friend suggested he should go into a Katoomba retirement home. He didn't want to. I was phoned to come to calm him. "This superior chit of a lass is a Diversional Therapist. She wants us to cut out bells from old Christmas cards and stick them down. She wants us to be diverted from life! When I asked why, she told me that she'd help me realise my full creative potential. Has she had a solo sculpture exhibition in the Sydney Uproar House? Has she been interviewed by Frost over Australia? She should respect her elders because we are younger. Sorry, lass. You mean well but I will live fulfilling my potential to a ripe old age. I know I should have followed my father's diet. Every Saturday morning he'd send me to the Parnell shops for a pound of butter and a loaf of crusty white bread. He'd put the seat down in the backyard dunny and sit and eat the bread and butter with Cockys' Joy golden syrup in silence and read the Herald from front to back. It was his diet that was responsible for my father's longevity."

George Finey was a socialist and the cartoonist of the Smiths Weekly and the Bulletin. I remember his words: "Well, I came back from the Great War; you know, the war to end all wars. That was the war before the war before the war before the ... The one that ended all wars. We were returning to Australia, the country fit for heroes. You'd have to be a bloody hero to fit. I cut across Hyde Park past the hundreds of diggers sleeping rough.

I got paid and was walking out of the Bulletin dividing my pay in half. If you've got five quid and you give away £2 and 10 shillings you've still got two pound ten. This codger came up to me. Sunken eyes, nicotine stained 'tache, trembling hands. 'Mate, can you spare a trey bit?' No. I gave him a quid. 'Mate, I only want a trey bit. I'll get you change.' The silly bastard came back and counted out the coins. 'Ten bob for you. Two half crowns for you. Two two bobs for you. A sixpence for you and thruppence each for both of us.'"

The Editor came up and said 'I see you've just met Henry Lawson.' I told him I'd chucked him a pound and he'd given me change. 'You can bludge three pennies from lots of coves but if you have borrowed a pound you have to look through pub windows before you go in for the rest of your life.'

Well, the years went by and I was still a young fella in my 70's when the decimal currency came in. I collected my pension from the Post Office and whose phiz was on the \$10 note? Henry Lawson's! So I wrote this just to make Shakespeare envious:

HENRY LAWSON

He never lived to see his land go yank
Or view his image stacked high in the bank.
I recall the days he'd beg trey bits for food
And when his mates saw him coming they fled.
But Henry's in the money now. He's dead."

George was one of a kind.
What he called, One of Nature's Gentlemen.



Calendar of Events

April
12



Classical concert with Jacqui Ciddor & Friends – bookings essential

18



Creative Classes for Seniors in the Cottage

25



ANZAC Day

May
2



Creative Classes for Seniors in the Cottage

4



Ascension: transfiguration, life after death, resurrection, what is it about the body?

May - continued
11



Whitsun: the breeze of the spirit; the spirit of community

18

Jean François, French composer

25



Numbers and lines: some basic riddles – stretching our thinking

A life without purpose is a languid, drifting thing; every day we ought to review our purpose, saying to ourselves: this day, let me make a sound beginning, for what we have hitherto done is naught!

Thomas A. Kempis

Regular Events enquiries:
Monika (02) 9476 3161

Hostel Lounge Room Talks with Wolfgang Devine weekly on Wednesdays at 2.30pm. For upcoming Hostel lounge room events, please see our website at www.christophorus-house.com.au or call Monika for details.

Scrabble and other activities happen in the Hostel's Evelyn Latter Room on Mondays.

Music with Rowlanda in the Hostel lounge on Mondays and Fridays.

A movie is shown in the Cottage on the first Monday of the month.

Board Meetings are held monthly on the third Monday.

Weekly Footbath/Leg Massage Therapy with Ian is in the upstairs Hostel lounge. Visitors welcome but bookings are essential. Phone 0400 430 830.

