



**NEWSLETTER** No 1  
autumn/winter 10



**CHRISTOPHORUS HOUSE**  
retirement village



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### Dear Members and Friends

Welcome to this our first Newsletter for the New Year! The wonderful warmth of Christmas and New Year celebrations have long since passed and we have coped with the huge changes in the weather over those months and now we have quietly entered into the subtle hues of autumn. Change is in the air! The cooler weather is a motivating force in stimulating me to activity for planning many interesting events this year for you!

You will have noticed the new, broader driveway into the Village which has made entering and exiting much better! Unfortunately, we had to sacrifice the big elm tree for it. Work is still being done to finish the job so please take care if you are walking or driving along the driveway as one of the sides is still unstable.

In this newsletter, we feature a candid interview with our Patron, John Shaw, who is a solicitor in his professional life. John has had a long involvement

with Christophorus House since its early days and has some interesting stories to tell! We also share with you a report from the Hostel's staff on the activities there plus some interesting stories, poetry and wise sayings. For the first time, Hayden will report on Maintenance Matters and finally, the answers to the last issue's Quiz.

We welcome home to Barbara Harding, who had a rather unexpectedly long stay in hospital. We are pleased you are feeling better and trust you settle in well again.

If you'd like to come to one of our Social Group meetings where we plan future events and welcome new ideas, please feel free. To see what's coming up in the Cottage, the back page promises to entice your interest! Until our next Newsletter, we wish you all a special Easter time and hope to see you at the Festival on Sunday, 4th April.

**Monika Bebb**  
In the Self Care Liaison office



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**Patron:** John D Shaw; **Board Members:** Chairman Robert Allerdice, Mary Arndell, Graham Long, Sune Nielsen, John Kingsland; **CEO:** Milan Telford; **Hostel Manager:** Andrea Nguyen; **Hostel Supervisor:** Sarah Gates; **Self Care Liaison Coordinator:** Monika Bebb; **Maintenance:** Hayden Ibbett and Walter Janssens

Christophorus House is a Not-for-Profit organisation and has operated since 1984.

**Newsletter Editor:** Monika Bebb  
**Published and printed by** Miroma Light Industries

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 CEO



Accreditation of the Hostel is not just a three day affair. Preparations for accreditation commenced over 9 months ago when our new Hostel Manager, Andrea was appointed. It is fair to say, Andrea has the highest standards and has been extremely busy rewriting most of our 44 Standards policies and procedures in preparation for our 3 yearly review a process which is in addition to running the day to day operations of the Hostel. During the year we have had both our announced and unannounced visits from the Accreditation Agency, and in each case, the auditors have commented on the exemplary manner in which the Hostel is managed and functions. I have no doubt that this year, with Andrea at the helm.

Vacancies in the hostel in the past 15 months have continued to be a problem. Currently, at the time of writing, we have 5 vacancies. We experience with other C.E.O.'s of like organisations, that filling low care beds has become difficult as social workers and ACAT encourage elderly people with care needs (low to high) to stay in their homes and obtain 'packages for community services instead of moving into a hostel environment with 24/7 care. Apart from the principle that it is good that people can remain in their homes longer, there is a subtle problem that emerges. It would appear that there is a cost saving with community packages such as C.A.C.P.'s, E.A.C.H and E.A.C.H.D., and if the principle of keeping elderly in their homes as long as possible is overreached, the

end result is that the elderly do not receive the full care that they require. Time and again I hear from families of elderly persons cared for from home, and also from community package providers, that the services received or given are not enough. It has been said at CEO ACS regional meetings that, as there are not enough EACH packages available (the higher end of funding), CACP and HACC packages (at the lower end of funding) are then allocated. This then results in less hours of service provision, with the resultant dissatisfaction by the recipient of the services with the provider of those services. Christophorus House has to wait until there is a change in thinking in government and agency circles, to acknowledge that the Hostel model of intermediate care is essential and should not be slowly phased out. And whilst this is an unspoken of policy, nevertheless it appears to be the case on the ground. Hopefully, the damage that will be done by pursuing a policy of encouraging persons to stay in their homes, when they would be better off in a Hostel environment, will not be irreversible, and hostels such as at Christophorus can 'ride out' the years, before the need is again recognised.



family. Trish was a very kind hearted and loving person who created a close bond with the residents in her time with us. The staff and residents will miss her greatly for her warm and caring nature.

Trish Schuurman  
The Independent Living Units (ILU), come under State legislation, and as of the 1st March 2010, the amended Retirement Villages Act and Regulations, came into force. There

We farewelled our long term volunteer in the Hostel Trish Schuurman in March, who has moved up to the central coast to be closer to

are a number of changes, some of which will affect the compliance issues Christophorus House must meet, others, which are designed to give residents more of a say and protection, will not change anything that we do, as we are already doing those things.

Whilst there are operators whose focus is on profits and achieving bottom lines, which results in disputes (and I might add, a rather un-retiring retirement, for retiree's), over who meets what cost; at Christophorus, being a charity, it has long been the practice by the Board to subsidise costs over and above the annual resident fees, related to the ILU, from out of Village income such as retentions and 'interest on bonds', and this amounts to approximately \$180,000 p.a.. (In the next newsletter, I will give a summary of how the finances work at Christophorus). This then ensures that there is no disputation with regards to the operating budget. Simply put, Christophorus, through its Board, allocates far greater resources to the running of the Village, than the fees actually cover.

In February, we settled the property at 5a Mildred Avenue. The vendor, Mrs Russell, will soon be entering the Village as a resident. With this purchase, we have again put in place a significant foundation stone, for our long term strategic development.

My final comment will be a short Easter message; that we should remember the words of Christ; 'that where-ever two or more people are gathered in my name, there I am amongst them'. Golgotha was not the end, but a continuation of Christ activity in the world, continuing just behind the thin veil that separates the physical from the spiritual worlds. May He inspire your heartfelt thoughts and deeds.

**Milan Telford**



# Interview with John Shaw

*Patron of Christophorus House - taken in March 2010 with Monika Bebb*

*John, can you tell me something of your early connection with Christophorus House and your memories from those days?*

I think it was in the winter of 1976 that I was approached by Helga Forster to draft a Deed of Trust whereby Trustees could be appointed to acquire property on behalf of an association called Christophorus House Retirement Centre. The concept for such a retirement centre was born out of an impulse that Helga Forster carried in her soul and which became, for her, the most important motivating factor in her life. Helga said that she needed the document urgently and I recall spending a weekend in my Chambers in the Colonial Mutual Building in Martin Place drafting the founding Deed of Trust. The first Trustees were Helga Forster, Evelyn Latter and myself and the Management Committee of the association was represented at that time by Robert Williams as President and Helga Forster as Secretary.

Although Helga Forster had the vision of establishing a home for older members of the community whose needs could be met on the basis of an understanding of the human being (in particular the ageing human being) given to us by Rudolf Steiner, what was needed was a benefactor who could provide sufficient funds to purchase a suitable property. Helga found a suitable property at 396 Pacific Highway, Hornsby. Helga's friend, Helen Feofanov, shared her vision and took a very bold step for an elderly person, in selling her own home and making the proceeds available to be pooled with other gift money so that 396 Pacific Highway, Hornsby, could be purchased. This gift was conditional on Helen having the right to live in the old dwelling house on the property for the rest of her life. And thus it came about that Helen Feofanov became the first resident of this "retirement home". Within a few years, Helen Feofanov passed through the gate of death: this was on Monday, 19 February 1979.

Helen Feofanov, who was born in Latvia, had a strong connection with the religious life. Not only was Helen a committed anthroposophist, but also strongly drawn to The Christian Community which she hoped might one day be founded permanently in Australia as a Movement for Religious Renewal. In March 1979, just a month after Helen's death, Reverend Michael Tapp and his wife, Elisabeth, visited Australia so that the Act of Consecration of Man could be celebrated and the Foundation Group which was working towards the time when the Movement would be permanently established in Australia could be given encouragement and hope that the renewed sacraments would one day be regularly available to Australians. Now at that time there was an old wooden building on the property known as "The



Barn". Helga Forster was approached by members of the Foundation Group and asked could The Barn be used for the services. Helga readily agreed to this use of The Barn. Michael Tapp celebrated the Act of Consecration of Man on six occasions in The Barn: one of those occasions was dedicated to the memory of Helen Feofanov for whom the memorial service for the dead was celebrated. After the service, Helen's ashes were laid into the soil in a brief ceremony conducted by Michael Tapp. I recall that The Barn was present on that property when the Retirement Centre received its dedication and a blessing provided by Lesley Evans who composed for the occasion a special verse which she read out as we celebrated together this wonderful venture then in its fledgling phase. To enable building work to proceed on the site, The Barn was removed intact and transported to the "Knights Hill" property at Robertson where an initiative on the part of Pat and Christo Brett had established a place for rehabilitation of emotionally disturbed and young people suffering from various forms of addiction.

*What an interesting history! And how did this lead you to become Patron of Christophorus House and how do you see your role now?* In October 2007, the Chairman of the Board of Christophorus House Retirement Village, Robert Allerdice, approached me to see if I would be interested in accepting this role. I readily agreed although in the full knowledge that I could not devote time to the interests and needs of Christophorus House beyond holding the well-being of that community in my consciousness and occasionally attending significant events in its life. As a result of my commitments to other communities such as The Christian Community and Miroma, there is not much time or opportunity for me to play an active role as Patron. I am, however, happy to make myself available in the event of advice being sought in relation to matters that may require consideration by someone outside the Board of Directors.

*Could you say something of your involvement in other anthroposophical organisations over the years in Sydney?*

In 1970, the year I married my first wife, Denise, and took on the role of step-father to her three children, I was asked by Karl

Kaltenbach to join the Board of Warrah School Society (as it was then called). This I agreed to do. In 1971, I was asked to accept the position of Chairman of the Board as the then Chairman, Roy ("Mac") Bumpstead, retired from the Board in order to work towards establishing an organisation for intellectually disabled young people in Melbourne. This led to a long, challenging but joyful association with Warrah as its Chairman until 1984 when I retired from the Board. I was privileged to witness an extraordinary period of growth and the achievement of some wonderful objectives under the leadership of Karl and Hannelor Kaltenbach, together with their staff and the devoted support of members and friends of Warrah. Firm friendships were made during this period with those who were working to develop Warrah as a place where intellectually and physically disabled human beings could be given special care following the indications given by Rudolf Steiner crafted in the 1920's.

After a long period on the sidelines of curative education, I was asked by Graeme Harvey (then Acting Chairman) in 1998 to join the Board of Miroma, an association caring for adults in need of special care at Vaucluse, and to accept the position of Chairman. This I did with the support of my wife, Margaret. I have been privileged to be Chairman of the Board of Directors of Miroma for the last 11 years. I am now in my 12th year which is to be my last as a Director as I retire on 30 June 2010. I hope to retain my close connection with Miroma as it goes through the process of amalgamating with Inala.

*You truly have supported, and dedicated yourself to, many organizations and individuals over the years, especially where your expertise in legal matters has been needed! How do you see Christophorus House in the future? What are your hopes?*

I am hopeful that Christophorus House will be able to purchase sufficient adjoining land to continue the building program in the form of units for those who are able to care for themselves, thereby giving greater financial strength to Christophorus House and assuring its long-term future. This will ensure that Christophorus House can make an ever greater contribution to the wider community by reason of the very fact that its ethos proclaims that the ageing and the aged have enormous, albeit supersensible, gifts to offer to the task of humanising and thereby re-enlivening our society.

Thank you, Monika, for putting these questions to me. They have helped me to see a significant element in my own biography as I look back on the decades that have passed in my own life – decades that seem to have elapsed in a "twinkling of an eye".

# News from the Hostel



Introducing Activities Co-ordinator, Ros Jones, and Diversional Therapist, Linda Dunn



Introducing the Christophorus House Hostel Singers



Hayden sings a romantic song at the Christmas Carols by Candlelight with son, Dylan, watching proudly.



Management & staff farewell long time volunteer Trish Hostel Manager Andrea presents Trish a with farewell gift

Well, Christmas has been hectic and is always a busy time of year. More so for us here in the Hostel as a Carols by Candlelight was organized by Linda on our back lawn. Our Hostel Choir, on their debut performance, did us proud with their rendition of Christmas carols and a special thanks to Gwen for her recitations. A very successful event and well attended by hostel residents and their relatives, self care residents, staff and friends.

Another highlight was the Christmas lunch which brought together Hostel and Self Care residents, management and staff. There were a number of entertainers which included the James' family's rendition of the true meaning of Christmas which touched a number of our residents. There were two outings late in the evening, one by Milan and one by Rae who took a group of residents in the bus to see the Christmas lights where homes in the whole street were lit up and well decorated. There were many "oohs" and "aahs" heard and "stop a little longer" were chorused by the passengers.

January sped by so quickly, only taking a breather on 26th for Australia Day. Artwork and decorations covered our lounge and festivities started when Kristy Lee, our entertainer, belted out Aussie songs and ballads which brought back memories of yester year.

February rolled along which included St Valentine's Day with fresh roses on our tables on Sunday morning, followed by a special lunch and again with Kristy Lee's renditions of special and favourite love songs. Frank, our budding craftsman, completed two posters for Australia Day and St Valentine's Day.

At the end of February, a sad and very fond farewell to our beautiful volunteer, Trish, who worked with us for the last two and a half years. Bon Voyage! You will be truly missed.

As we marched along into March with St Patrick's Day, we celebrated everything shamrock green: The Irish Coffee was the best our residents tasted, complete with green cream



Rae and Linda say hi!



Chef Dale at this year's Melbourne Cup Day Extravaganza

Susanna and Gwen sporting a pretty head piece for Melbourne Cup



Trish (back row, third from right side of photo) with staff in the Hostel lounge

frothing, scones and cream and a green cake, too! Linda helped us sing along to songs which sounded as if we were in a rowdy pub! Irish jokes were told with some silly and some funny yarns along with many a hearty laugh.

The bus outings are popular with residents. We go out twice a week with special lunches once a month. We've been to Harbord Diggers, Palm Beach, Hornsby RSL and also visited Mrs Macquarie's Chair in the city which fringes the Botanic Gardens and overlooks the harbour.

We continue to welcome Self Care residents to our musical programs and special events

And to finish, a special thanks to Minnie for her lovely and intricate art work.

**Ros, Activities Co-ordinator**



Well, what a start to 2010! Much progress has been made in the past few months. We have a whole new Auditing Schedule in place for the Hostel, which is running smoothly and efficiently. We also have new procedures and contractor agreements which will make the job of coordinating work being done a lot easier to control.

There are currently several major projects underway. The Hostel roof has now had a life of 27 years and the original tiles are showing signs of wear and tear. Together with assessing replacement of a large section of the roof, we are also looking at solar panelling to help

reduce significantly rising energy costs into the future.

The property at 5a Mildred Avenue requires work done to the verandah, pest control and some internal renovations.

During the big downpour in February, we experienced some flood issues. Measures have now been put in place to prevent this occurring in the future.

The front landscaping and widening of the driveway is underway. This is a process which has taken some time as we had to assess the various possibilities once tree roots were exposed and pipe work could be viewed.

All Self Care units have been pressure cleaned and we are now receiving quotes to repaint all timber work. Pressure cleaning of footpaths will commence before autumn is fully underway.

A new job book has been introduced to assist Self Care residents in reporting work that needs doing either in or around their units. This is kept in the Cottage Social Room. But remember: I am more than willing to be approached or called upon for any work needing to be done or if you have any questions or queries.

**Hayden Ibbett**  
Maintenance Supervisor



**Dr Hauschka, WALA and Sonett products are available through Christophorus House at discounted prices! For orders and enquiries, please phone Monika on 9476 3161 ext 2.**



**And why not give someone a treat with one of our Bath Gift Bags at only \$19.00 or a Facial Gift Pack at only \$20.00? It is the ideal way to try out these lovely products!**

## Stress

A lecturer when explaining stress management to an audience raised a glass of water and asked 'How heavy is this glass of water?' Answers called out ranged from 20g to 500g. The lecturer replied, 'The absolute weight doesn't matter. It depends on how long you try to hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm. If I hold it for a day, you'll have to call an ambulance. In each case, it's the same weight, but the longer I hold it, the heavier it becomes.' He continued, 'and that's the way it is with stress management. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on. As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden. So, before you return home to-night, put the burden of work down. Don't carry it home. You can pick it up tomorrow. Whatever burdens you're carrying now, let them down for a moment if you can.' So, put down anything that may be a burden to you right now. Don't pick it up again until after you've rested a while. Here are some great ways of dealing with the burdens of life:

- Accept that some days you're the pigeon and some days you're the statue.
- Always keep your words soft and sweet, just in case you have to eat them.
- Always wear stuff that will make you look

good in case you die in the middle of it.

- Drive carefully. It's not only cars that can be "Recalled" by their maker.
- If you can't be kind, at least have the decency to be vague.
- If you lend someone \$20 and never see that person again, it was probably worth it.
- It may be that your sole purpose in life is simply to be kind to others.
- Never put both feet in your mouth at the same time, because then you won't have a leg to stand on.
- Nobody cares if you can't dance well. Just get up and dance.
- Since it's the early worm that gets eaten by the bird, sleep late.
- The second mouse gets the cheese.
- When everything's coming your way, you're in the wrong lane.
- Birthdays are good for you. The more you have, the longer you live.
- You may be only one person in the world, but you may also be the world to one person.
- Some mistakes are too much fun to only make once.
- We could learn a lot from crayons... some are sharp, some are pretty and some are dull. Some have weird names and all are different colours but they all have to live in the same box.
- A truly happy person is one who can enjoy the scenery on a detour.

Have a wonderful day and know that someone has thought about you today... I did.

## Boy, I'm rich!

Silver in the Hair, Gold in the Teeth,  
Stones in the Kidneys, Sugar in the  
Blood, Lead in the Feet, Iron in the  
Arteries, And an inexhaustible supply  
of Natural Gas.

I never thought I'd accumulate such  
wealth!

## Just in case you weren't feeling old today...

The people who are starting college  
this year were born in 1992.  
They are too young to remember the  
space shuttle blowing up.  
Their lifetime has always included AIDS.  
The CD was introduced two years  
before they were born.  
They have always had an answering  
machine.  
They have always had cable.  
Popcorn has always been microwaved.  
They never took a swim and thought  
about the movie Jaws.  
They don't know who Mork was or  
where he was from.  
They never heard: 'Where's the Beef?',  
'I'd walk a mile for a Camel' or 'Boss,  
ze plane, ze plane'.  
McDonald's never came in styrofoam  
containers.  
They don't have a clue how to use a  
typewriter or what a carriage return is.

P.S. Save the earth: it's the only planet  
with chocolate!

## Sunday Paper

This is dedicated to all those who are  
seniors, to all of you who know seniors,  
and to all of you who will become  
seniors. It pays to be able to laugh  
about it when you become one!

"Where is my Sunday paper?!"  
The irate customer, calling the  
newspaper office, loudly demanded  
to know where her Sunday edition  
was. "Madam", said the newspaper  
employee, "today is Saturday. The  
Sunday paper is not delivered until  
tomorrow, on Sunday". There was  
quite a long pause on the other end  
of the phone, followed by a ray of  
recognition as she was heard to mutter,  
"Oh dear! So that's why no one was at  
church today!"

## What Will It Bring?

Rosemarie Lorenz

From The Fountain of Life: Love, Peace and Joy

*Long is the day  
that starts with the veil  
of pearly mist still cradling pale  
the unborn hours' play.  
What will it bring?  
Long is the noon  
that warms in its clear,  
gold-flooded sky all longings so dear.  
Oh, may they live soon.  
Who would not sing?  
Long is the night  
that wakes in its deep  
soft velvety memory-laden sleep  
the long day's gold lights.*

*What lends them wings?  
Long is the road  
that we have to go.  
Street lamps smile, but at the far end,  
I know:  
alone, nay, not alone,  
but held in Thine gracious hands, we  
have to bear our load.  
Thus, let my soul ring and sing –  
forever joyfully sing:  
Long is the day  
that starts with the veil  
of pearly mist still cradling pale  
the unborn hours play.  
WHAT WILL IT BRING?*

## Autumn

*Scarlet and yellow and golden  
and brown,*

*Winds of Autumn blow all the  
leaves down.*

*Tear from the branches their  
curtains, and spread*

*Carpets of colour beneath them  
instead.*

*Glistening with rain or ablaze  
in the sun*

*Falling in showers or dropped  
one by one,*

*Fluttering leaves of Autumn  
blow down,*

*Scarlet and yellow and golden  
and brown.*

## Wise sayings

Whenever you find the key to success,  
someone changes the lock.

The road to success is always under  
construction.

Everybody wants to go to heaven, but  
nobody wants to die.

There are three sides to every argument:  
your side, my side and the right side.

Well done is better than well said.

Everyone makes mistakes. The trick is  
to make them when nobody is looking.

Where there is a WILL, there is a WAY.  
Where there is MONEY, there are  
many WAYS.

An expert is someone who takes a  
subject you understand and makes it  
sound confusing.

Since light travels faster than sound,

people appear brighter before you hear  
them speak.

Many things can be preserved in  
alcohol. Dignity is not one of them.

Never argue with a fool. People might  
not know the difference.

When you're right, no one remembers.  
When you're wrong, no one forgets.

The door bell, or your mobile, will  
always ring when you are in the  
bathroom.

When in a queue, the other line always  
moves faster and the person in front of  
you will always have the most complex  
of transactions.

If at first you don't succeed, destroy all  
evidence that you ever tried.

Santhanam Narayanasamy (Sandy)

# Calendar of Events in the Cottage for 2010

2010	Day	Event
APRIL	4	Daylight Savings ends – remember to turn your clocks back one hour! 2.30pm - Easter Festival with music, story, poetry. \$5.00 contribution
	12	10am – Monthly Morning Tea outing.
	16	10am – RVRA Special Finance Seminar - providing information about what residents should know about their village budgets. The Landings, Nth Turrumurra. Contact Monika for transport possibilities.
	21	<b>Date to be confirmed!</b> 2pm – The Wesley Singers. Contact Kath Smith for enquiries on 9477 2462.
	22	2pm – Self Care Residents' Meeting.
	24	10.30am – Stirring and distributing BD 501 preparation – with Diane Watkin. All welcome for an informative talk on bionamics over a cup of tea!
APRIL	12	10am – Monthly Morning Tea outing.
	16	10am – RVRA Special Finance Seminar - providing information about what residents should know about their village budgets. The Landings, Nth Turrumurra. Contact Monika for transport possibilities.
	29	12noon – Maureen Lumello from TLC (Tender Loving Cuisine) will be visiting Self Care residents for a promotional food tasting. Please let Monika know if you wish to come.
MAY	6	2pm – Storytelling with Neil Anderson. Neil will tell a medley of celtic and other short stories. \$5.00 includes afternoon tea.
	15	2pm – Ascension Day Concert with Jacqui Ciddor, Elizabeth Nurthen and Jeanette Tsoulos. \$5.00 includes afternoon tea.
	22	10am - <b>Service of the Christian Communion</b> – with the Rev. Lisa Devine. Please be seated by 9.50am. Followed by a talk and morning tea.

If you wish to come to any one of the above events, please contact Monika on 9476 3161 ext 2 to check beforehand in case of changes. Most of these events are held in the Cottage.

## REGULAR EVENTS IN THE COTTAGE

**Bridge** is on every Tuesday afternoon from 2 to 4pm.

**First Class** is held from February to November on the third Sunday of every month.

**Board Meetings** are held on the third Monday of every month.

**Self Care Residents' Meetings** are held every two months on Thursdays.

**Footbath/Leg Massage Therapy** is held every second Friday in the Hostel.

## ANSWERS TO THE QUIZ!

Readers will remember that in the last Newsletter we featured a "Puzzles for the Brain to Gnaw On" – well, I know you all have been waiting for the answers, so here they are:

1. Push the cork into the bottle and shake the coin out.
2. Put the valuable object into the box, secure it with one of your locks, and send the box to your friend. Your friend should then attach one of his own locks and return it. When you receive it again, remove your

lock and send it back. Now your friend can unlock his own lock and retrieve the object.

3. After you draw one of the papers, swallow it. The jailer will be forced to check the remaining paper to determine what the one you drew said. The jailer will of course see a paper with "DEATH" written on it, assume you drew the one with "LIFE" written on it, and set you free. Well, how did you go? No doubt you worked it out brilliantly! I'd love to hear from anyone that got them right!