



NEWSLETTER  
christmas 08



# index

Editors letter .....	2
Acknowledgments .....	2
Christmas Message from the CEO.....	3

## SPECIAL FEATURE

Garden Tribute to Jason Ibbett and the late Jean Briton .....	4
Celebrating Christmas In July ..	5
Conspiracy Theory! .....	5
QUOTE and Article and by Van James .....	5

<b>ADVERT</b> Dr Hauschka and WALA products available at Christophorus House.....	6
Old Fella Logic .....	6

## POETS CORNER

Being 50 Plus.....	6
Knowing the signs of stroke ..	7
The Good Old Days!.....	7
Things aren't always as they appear.....	7

<b>CALENDAR</b> of EVENTS 2008-9.....	8
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## Dear Residents and friends of Christophorus House

Christmas is just around the corner – can you believe it! Another 12 months has done its round at lightening speed! We have had quite a busy and eventful year here at the Village. This is now our third Newsletter and I promised that this issue would feature an interview with Jason Ibbett our gardener of 20 plus years. Instead, this issue features an article on the special occasion to mark St Christopher's Day with a Garden Tribute to both Jason and the late Jean Briton. Jean was an early resident of the Village and a woman who worked with, and inspired Jason (then a younger gardener!) to transform much of the property into what it is today. Jason's work is never-ending and ever-inspiring. We have many gardening enthusiasts amongst our residents who have contributed to the wonderful seasonal display of colour and tones in a variety of plants as one wanders along the pathways around the Village. The senses are continually enlivened in the course of the year!

We have had a number of residents who have left the Village during the course of the year. I would specially like to remember Gwen who lived with husband Cyril for nearly 19 years in Unit 15. Sadly, Gwen passed away on 10 August, just a year after Cyril. Another resident, John from Unit 9, moved to the Hostel for a short while but has now moved into a nursing home closer to his family. Both Joan from Unit 5 and Dorothy from Unit 6 have moved to a nursing home to be closer to their respective families as well. We wish them all well as they settle again into their new environment. We welcome our newest

resident, Louise, who has enjoyed settling into her new home here in the Village. Louise previously had a large garden and she has now happily settled into village life. Every week I notice a new colourful flower in her garden; it's a joy to see!

Of course, not to forget all the interesting talks, wonderful concerts and special events that were given here in the Cottage this year. The New Year promises to be just as interesting! If you have any suggestions for an event or concert, please let me know and if you would like to be notified of an upcoming event, please phone 9476 3161 ext 111 or email mbebb@christophorushouse.com.au and I shall put you on the mailing list.

Other than being distracted by the wonderful gardens and the Village environment, I have been busy with meetings and their preparation, producing the Newsletters, doing the room set-up for functions, taking residents shopping in the bus on Wednesdays and Fridays, and attending to the day to day tasks of administration for Self Care. My sincere thanks go to Barbara Harding, Rose-Marie van Hoogstraten and Pam Thomas for their help and support this past year. A daily Good Morning greeting from both Richard and Hayden are as essential as my morning cup of coffee! And, of course not to forget all the wonderful residents who have made my working here a very special experience. Thank you! May you enjoy a peaceful and happy Christmas time with family and loved ones.

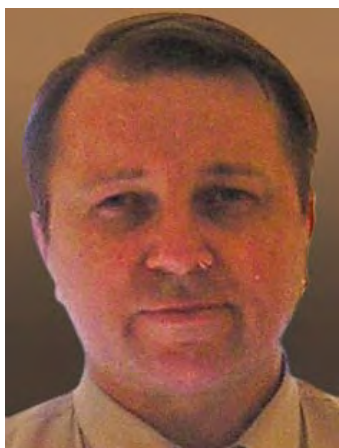
**Monika Bebb**  
Self Care Liaison Co-Ordinator

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**Hostel Hours:** Staff on duty at all times, 7 days per week (After Hours ext 121 at 9pm)  
**Board Members:** Robert Allerdice – Chairman, Mary Arndell, Graham Long, Antonio Marques, Sune Nielsen  
**CEO:** Milan Telford  
**Hostel Supervisor:** Sarah Gates  
**Hostel Maintenance:** Walter Janssens  
**Self Care Liaison Coordinator:** Monika Bebb  
**Self Care Maintenance:** Hayden Ibbett

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# Christmas Message from the CEO



We remember our childhood and the wonderful mood that the season of Christmas always brought to our inner soul, for Christmas (December 25th and 26th) is a special, magical time of the year, not to be repeated at any other time of the year. The traditions of Christmas we also passed on down the generations to our children and for some of us, grandchildren and great grandchildren. Christmas is a time when we feel the goodness of our fellow man, when we feel that goodness entered the world and is here with us, for all of good will.

Living in the modern age with all the technology around us, of cars and planes and plasma TV's and iPods and all the other modern wonders that we have created, it can appear to us an anathema to maintain the simple traditions of Christmas, even as today science and religion appear not to be able to meet in the debates that we see in modern times between Creationists and Darwinists. Yet there is a sense which overcomes the modern material world in which we live in, (both Creationist and Darwinists being materialists in their world view), a sense which lives deep within us and which triumphs to greater or lesser degree at Christmas as we pay homage to the goodness, to the spirit of the world, to the birth of the saviour of the world.

This sense which lives in our heart is the Christ force, which surrounds us and is intimately connected with us

in our core of being. At Christmas, we celebrate an event which is the herald of our salvation. To put it in biblical terms we celebrate a mighty turning point of time. In a lecture (*The Christmas Festival in the Changing Course of Time*), Rudolf Steiner points to the "Day of Adam and Eve" which precedes Christmas Day, the 25th December, in the church calendar. Also, what was considered the Christmas play was preceded by the so-called 'Paradise play', (where Adam and Eve in Paradise fall victim to the devil, the snake). Where these plays were performed, Rudolf Steiner indicates that the people gained an immediate insight into the connection between the descent of man from spiritual heights to the physical world – and that sudden reversal which was bestowed on man through the Christ Impulse, upward again towards the spiritual world. The people that witnessed the play could really experience the complete renewal of the human spirit in its very essence, through the Christ-Impulse.

Today, our traditions such as the Christmas Tree which still fills us with the sense for what is Christmas, is but a mere echo of something which is much greater. Today again, we could learn to enliven what should enter into the souls and hearts of men. In this way, Christmas as a celebration is something we can work towards throughout the whole year, each month, each week, each day, contemplating for a short time, the goodness in the world and our connection to it, in order that when Christmas is once again with us, we can kindle and re-enliven what a sense of what Christmas is and comes so naturally to children, the magic and wonderful soul mood of Christmas.

May you all feel the magic of Christmas so that it continues to inspire your deeds throughout the year. Peace to all of goodwill.

**Milan Telford**  
CEO



*We are not granted a rest on any step. The active human being must live and strive from life to life. As plants renew themselves from spring to spring, so human beings must rise through error to truth, from fetters into freedom, through sickness and through death, to beauty, health and life.*

*Rudolf Steiner*



# Garden Tribute to Jean Briton and Jason Ibbett

## July 2008

A Tribute was held to the late Jean Briton and Jason Ibbett who have been major players in pioneering and establishing the gardens at Christophorus House.

In 1973, the Christophorus House vision was conceived. The site was purchased in 1975 and cleared of all the rubble. David Wansbrough, who helped clear the site prior to the Opening of The Barn, wondered whether the barren earth would ever be able to be reclaimed. However, in 1977, "The Barn" was opened. Units 1-6 were opened in 1980. In 1982, Units 7-16 were opened. At this point, the land was just a completed building site. This was when Jean Briton moved into Unit 16. Through Jean, Walter Janssens came to Christophorus House first as gardener and then as handyman.

In 1986, Glen Blackman, grandson of Rubi Blackman, resident in Unit 1, was brought in to work in the gardens. As the site was flood prone, extensive drainage work had to be done. Our neighbours to the south magnanimously agreed to the drainage running through their property – without this, development could not have gone ahead.

Robert Williams, a leading pioneer in biodynamic work, was an early Chairman of Christophorus Board. He and his wife Louise advised on special earth preparations. This treatment commenced the redemption of the long-neglected grounds. Jean organised the building of sandstone pathways and retaining walls around her unit at her own cost. In 1986, she had taken over the vegetable garden as well as the gardening work of her unit and other units. She bought the shovels, forks and other gardening tools needed. There were now two vegetable gardens – one behind the Hostel and the other behind Units 12-16, well terraced and very productive. These gardens flourished for several years, but there was extensive flooding one year and the vegetable garden ended up against the back fence. Well, that put an end to the vegetable garden!

In the early years, payment for work done in the gardens was made by

### *Honouring* **JEAN BRITON**

Circa 1982

pioneering resident and gardener, and

**JASON IBBETT**

our gardener of 21 years -

and all those who laboured with  
such love and care

to create the beautiful gardens we now enjoy  
here at Christophorus House.

St Christopher's Day – July 2008

Jean. The money came from the sale of vegetables, resources of the Garden Club and a donation from the Board. In 1988, the Board took this responsibility on fully. Jason Ibbett stood in for Glen Blackman when he took a year off. Jason was then 18 years old and friends with Glen and had been asked by Glen to take over his gardening business in his absence. When Jason arrived, the units had rather bare gardens. This was late 1987 when Glen introduced him to the work. Jean taught him how to compost the biodynamic way, using the '500' Preparation in the compost. It was Jason who stirred the Preparation and then applied it to the gardens with Jean. She also created a nursery down by the lower carport. It was here that she struck and potted many plants for the whole site. There was much rubble buried in every garden by the builders. Jean and Jason decided to dig it all out and then fill the gardens with good soil. What a mammoth task! Jean worked as hard at this as Jason. When Glen returned in 1989, Jean and several other clients wanted Jason to stay on as he was such a hard worker and very much a natural gardener. Jason left Glen to sort this all out. Glen returned and Jason was paid \$96 per day by Jean from her own money as she wanted him to continue as well.

Jean and Jason went on to create the Turpentine Memorial Garden near the lower carport. Jean also planted the three gum trees near Unit 16. The gardens became so beautiful that Christophorus House entered a few gardening competitions and won several prizes.

As Jean gradually began to lose her memory, she eventually moved into the

Hostel and then into a nursing home at Wahroonga. Jason continued with Jean's vision. He planted clivias and created another Turpentine Garden near Unit 6. The Hostel garden's water feature (the form was bought from Mt Kuring-Gai fish ponds) was built with Gavin, his brother, and together they landscaped the flower beds around it.

Jason took a year off in 1996 and Gavin stood in for him and developed the Australian Native Garden behind the first carport. Hayden helped with this in his school holidays. This was the start of a longer association with Christophorus House when he later joined his brother, Jason, for four years, as co-gardener from 1999 to 2003. Hayden is now the Self Care handyman liaising with his brother on shared garden questions.

In 2002, the fourth stage Units 17-23 was officially opened. The bare building site which had just been completed needed to be landscaped. The builders were supposed to have landscaped the back Turpentine garden, but didn't. Eventually, it was handed to Jason who said he would do it provided he was given time to let it develop organically. This is an especially beautiful landscape now in Spring and its harvest of cherry tomatoes is always bountiful and tasty. In a very natural and organic way, Jason also put in slips and nowadays the gardens are fully established and much enjoyed by the residents.

Jason, Gavin and Hayden as well as their father, Trevor Ibbett, have all worked in the gardens here at Christophorus House with great dedication, through rain and sunshine, summer and winter. This love and caring for the earth is quite remarkable and today we pay a special tribute to them and especially to Jason who has completed 21 years of service.

Lesley Evans reminded us of the heritage of this land which the Darug people have been guardians of for many centuries and that we are grateful for their custodianship and need to nurture and care for the land in a deeply responsible way.

# Celebrating Christmas In July!



On 23rd June this year, Self Care residents celebrated a festive Christmas lunch on the Hawkesbury aboard the Macquarie Princess docked at Berowra Waters.

On a fine but chilly morning, the Community Bus picked us up outside the Hostel at 10am. Brian, our bus driver, meandered through Pennant Hills and the rural and bushland areas of Dural and Glenhaven, arriving at our destination in time for boarding the Macquarie Princess. Our host, John (wearing his cheery red Santa Claus costume) and his son Bradley, greeted us on board. We were surrounded by the picturesque scenery of the

Hawkesbury as we ate lunch, passing several uninhabited islands along the way. It was interesting to see some private resorts and many homes which were only accessible by boat. After a pleasant and relaxing afternoon, Brian was waiting to take us home in the bus via the Berowra Waters punt.



## Conspiracy theory .....

This is happening right here in our own country! We must stop this immediately!

Have you noticed that stairs are getting steeper, groceries are heavier and everything is further away? Yesterday I walked to the corner and I was dumbfounded to discover how long our street had become!

And, you know, people are less considerate now, especially the young ones. They speak in whispers all the time! If you ask them to speak up they just keep repeating themselves, endlessly mouthing the same silent message until they're red in the face! What do they think I am, a lip reader? I also think they are much younger than I was at the same age. On the other hand, people my own age are so much older than I am. I ran into

an old friend the other day and she has aged so much that she didn't even recognise me. I got to thinking about the poor dear while I was combing my hair this morning and in doing so, I glanced at my own reflection. We, REALLY NOW – even the mirrors are not made the way they used to be. Another thing, everyone drives so fast these days! You're risking life and limb if you happen to pull on to the freeway in front of them. All I can say is their brakes must wear out awfully fast, the way I see them screech and swerve, in my rear view mirror.

Clothing manufacturers are less civilised these days. Why else would they suddenly start labelling a size 10 or 12 dress as 18 or 20? Do they think no one notices? The people who make bathroom

scales are pulling the same prank. Do they think I actually "believe" the number I see on that dial? HA! I would never let myself weigh that much! Just who do these people think they're fooling? I'd like to call up someone in authority to report what's going on but the telephone company is in on the conspiracy, too. They've printed the phone books in such small type that no one could ever find a number in there!

All I can do is pass along this warning:

**WE ARE UNDER ATTACK!!!**

Unless something drastic happens, pretty soon everyone will have to suffer these awful indignities. Please pass this on to everyone you know as soon as possible so we can get this conspiracy stopped!

## QUOTE & Article

... while lecturing about the first Goetheanum building, Steiner said:

*"If ideas underlying such works of art find followers – then people who allow themselves to be impressed by these works of art and who have learnt to understand their language, will never do wrong to their fellow men either in heart or intellect, because the forms of art will teach them how to love; they will learn to live in harmony and peace with their fellow beings. Peace and harmony will pour into all hearts through these forms; such buildings will be 'lawgivers' and their forms will be able to achieve what external institutions can never achieve ... However much study may be*

*given to the elimination of crime and wrong-doing from the world, true redemption, the turning of evil into good, will in future depend upon whether true art is able to pour a spiritual substance into the hearts and souls of human beings. When human hearts and souls are surrounded by the achievements of true architecture, sculpture and the like [painting, music, literature, drama and dance] they will cease to lie ... will cease to disturb the peace of their fellow men ... buildings [art] will begin to speak, and in a language of which people today have not even an inkling."*

True art and architecture will in future have such a moral force as to reorient the intentions of people. Not the improper pornographic or the improper

didactic art as described by James Joyce but the proper, the true art with its "thin line of quiet," will promote moral judgment worthy of a human being. Harmony and peace will flow through artistic forms and human capacities will be transformed. "Art is the creation of organs by which the Gods may speak to mankind," said Rudolf Steiner. Art is an instrument by means of which the spiritual worlds may speak to us. It is one of the most powerful gifts humanity has at its disposal! Art, we see, must become the lifeblood of the soul, for it awakens consciousness and it humanises society.

Van James, General Secretary  
Anthroposophical Society in America

## Dr Hauschka, WALA and Sonett products are available through Christophorus House

For those who know and love this range of products, the complete range of skin care, body care, bath and shower, hair care and accessories, is available on order.

If you haven't tried Dr Hauschka before, you may like to experience the sample range to see the effect they have on your senses! We also provide a comprehensive range of the Sonett organic detergents, ironing and cleaning products, as well as mild soaps. For those who suffer the effects of allergies and sensitivities, there is also the fragrance-free Neutral Range. For orders or enquiries, please phone Monika on 9476 3161 ext 111.

## Walking the dog

A WOMAN was flying from Seattle to San Francisco. Unexpectedly, the plane was diverted to Sacramento along the way. The flight attendant explained that there would be a delay, and if the passengers wanted to get off the aircraft the plane would re-board in 50 minutes. Everybody got off the plane except one lady who was blind. The man had noticed her as he walked by and could tell the lady was blind because her Seeing Eye dog lay quietly underneath the seats in front of her throughout the entire flight. He could also tell she had flown this very flight before because the pilot approached her, and calling her by name, said, 'Kathy, we are in Sacramento for almost an hour. Would you like to get off and stretch your legs?' The blind lady replied, 'No thanks, but maybe Buddy would like to stretch his legs.'

Picture this: All the people in the gate area came to a complete standstill when they looked up and saw the pilot walk off the plane with a Seeing Eye dog! The pilot was even wearing sunglasses. People scattered. They not only tried to change planes, but they were trying to change airlines! True story... Have a great day and remember...

THINGS AREN'T ALWAYS AS THEY APPEAR.



## Old Fella Logic

An elderly gent was invited to an old friends' home for dinner one evening. He was impressed by the way his buddy preceded every request to his wife with endearing terms such as: Honey, My Love, Darling, Sweetheart, Pumpkin, etc. The couple had been married almost 70 years and, clearly, they were still very much in love. While the wife was in the kitchen, the man leaned over and said to his host, 'I think it's wonderful that, after all these years, you still call your wife those loving pet names.' The old man hung his head. 'I have to tell you the truth,' he said, 'her name slipped my mind about 10 years ago and I'm scared to death to ask her what it is!'

## "Being Fifty Plus"

*As we reach our older age  
We've come to a very peculiar stage  
We talk of all our ills and ails  
And all the odd medical tales*

*When once we met we spoke of sport  
On things at school we once were taught  
On dancing, movies and about the beach  
Of things of interest we would preach*

*But now we belong to the seniors group  
And we hear of complaints that sound like a croup  
And bilious attacks and stomach acid  
And indigestion and heart beats rapid*

*Knees and joints and arthritis  
Backs and hips and tendonitis  
Diabetes, hernia and menopause  
Prostate, haemorrhoids and ulcer sores*

*Earache, sinus and carpal tunnel  
Enough to make one drop their bundle  
Hamstrings, tendons and even whiplash  
Gallstones, allergies and dermo rash*

*Migraine, sciatic nerve and cholesterol  
Angina, asthma, they take their toll  
Tennis elbow, colds and flu  
Don't give up whatever you do*

*X-rays, physio and ultrasounds  
Colonoscopy's, cystoscopy's we know no bounds  
Endoscopy's, Osteotomy's and the old CAT scan  
Blood tests, eye tests and the odd lymph gland  
There's acupuncture, acupressure, naturopaths and all  
Chiropractors, osteopaths to help us all stand tall*

*Aromatherapy, reflexology, iridology too  
Massage, yoga and tai chi  
What else is left to do?  
So you see, as we are getting older  
Nearly forgot the frozen shoulder  
We talk of very different matter  
When we get together for a natter*

*Well today we have the wonder cures  
We can up and off on the great bus tours  
Exercise, ride and walk a lot  
There's heaps to do that hit the spot  
So it's not too bad this time of life  
We've past the time of trouble and strife  
Now every day is like a vacation  
So let's forget our inflammation!*

(unknown author)



# Knowing the Signs of Stroke

This news article is a reprint from Centrelink's *News for Seniors* Spring 2008 issue

Knowing the signs of stroke and acting **FAST** could save your life. If you felt the side of your face go numb or were unable to move your arm, would you know what to do?

Stroke is the second single biggest killer in Australia and a leading cause of disability. In Australia, someone has a stroke every 10 minutes. The most common signs of stroke are facial weakness, arm weakness and speech difficulties.

The 2007 national Stroke Foundation survey asked Australians over 40 years of age what they knew about stroke. Fifteen per cent said they did not know any of the signs of stroke. That represents at least 1.3 million Australians between 40 and 90 years of age who may not recognise the signs of stroke in themselves or a loved one.

The National Stroke Foundation launched the **FAST** wallet card – part of its national awareness campaign – during Stroke Week which started on 15 September 2008.

**FAST** is an easy way to remember the signs of stroke. It stands for Facial weakness, Arm weakness, Speech difficulty, Time to act. Call 000 immediately if you experience even one of the signs of stroke or recognise them in someone else.

Kim Durose is 43 years old and has two children. She was at home with her family when she experienced the first signs of stroke. Her husband Matt had seen the National Stroke Foundation's **FAST** television ad and called an ambulance immediately. Thanks to Matt's quick action, Kim received the clot-busting drug tPA and the symptoms cleared within 24 hours. "Getting urgent medical treatment at the first signs of stroke can mean the difference between death or severe disability, and recovery", Chief Executive Officer of the National Stroke Foundation, Dr Erin Lalor, said.

The **FAST** test is a simple test for stroke that everybody should know. It involves asking three simple questions:

- **Face** – can the person smile? Has their mouth drooped?
- **Arms** – can the person raise both arms?
- **Speech** – can the person speak clearly and understand what you say?
- **Time** – act **FAST** and call 000 immediately.

If the person has difficulties with any of these, act **FAST** and call 000.

## DID YOU KNOW THESE FACTS ABOUT STROKE?

1. This year, Australians will suffer 60,000 new and recurrent strokes.
2. Australians will suffer more than half a million first-ever strokes in the next 10 years.
3. Strokes kill more women than breast cancer.
4. Men are more likely to suffer a stroke and at an earlier age, than women.
5. Strokes are preventable. Eat a healthy diet, exercise regularly, quit smoking and check your blood pressure regularly to reduce your risk of stroke and become strokesafe TM.

## BECOMING STROKESAFE

Many people do not realise that strokes are treatable and preventable. The National Stroke Foundation developed strokesafe TM to promote awareness of strokes and to teach people how to stay safe from strokes. You can become strokesafe TM by controlling these risk factors to reduce your chance of having a stroke.

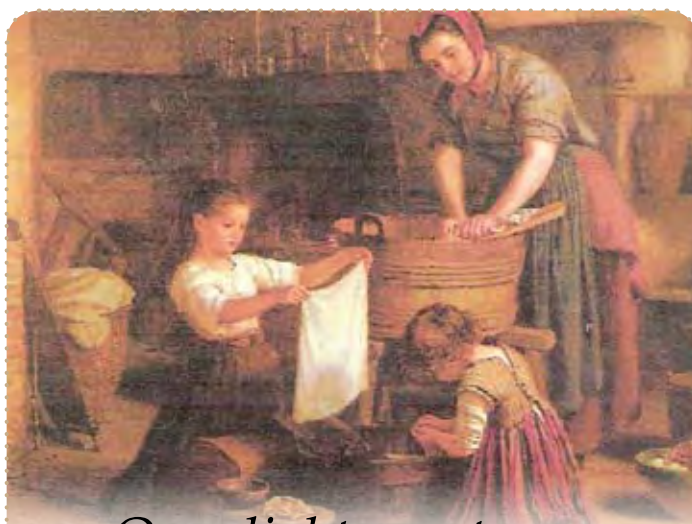
Keep your blood pressure and cholesterol low.

Do not smoke.

Exercise and enjoy a healthy balanced diet.

Limit alcohol consumption.

For more information about The National Stroke Foundation, **FAST** and preventing stroke, visit [www.strokefoundation.com.au](http://www.strokefoundation.com.au) or phone Strokeline 1800 787 653.



## On a lighter note . . . The Good Old Days!

*One night, settling down to sleep, I murmured with a yawn,  
It's washing day tomorrow, I must be up at dawn  
To get my machine started and leave things clean and neat,  
Because I'm meeting friends at 10.30 for a luncheon treat!*

*I dreamt that it was morning, fifty years before!  
A pile of wood and kindling graced the laundry floor.  
I poured water into the copper, and got the fire alight,  
For I needed boiling water to make the linen white.*

*No packets of detergents promised clothes "as new",  
I grated up tough yellow soap to make a sudsy brew,  
Then on an old glass washboard I scrubbed a stubborn stain,  
Put the whites into the copper and stoked the fire again.*

*The poker stick I flourished, giving clothes the round trip,  
And with it fished the garments out and held them up to drip.  
Then I rinsed them all with vigour. Mangled into the blue,  
And back again through the wringer before that lot  
was through.*

*Meanwhile the coloured washing was boiling fit to burn,  
And with no "gentle" cycle, hand washing waits its turn.  
The long clothesline is sagging because the prop is low,  
As I peg I move the basket, and find it all too slow.*

*It's well past noon before the last load flutters in the wind,  
I get a welcome cup of tea, too tired to really mind,  
About my forgotten luncheon date, but I sigh and frown,  
For I must get it all back soon and damp the starched  
things down!*

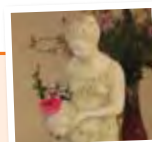
*I stir and it is morning, I waken from my dream,  
And stagger to the laundry to hug my sleek machine!  
They say that fifty years ago life was more romantic,  
You can have "the good old days" – I'll have my automatic!*

*"We think we are human beings who have spiritual experiences but the reality is we are spiritual beings who have human experiences".*

*Teilhard de Chardin*

# Calendar of Events in the Cottage for 2008 & 2009

2008	Day	Event
DECEMBER	4	Karlynn Fashions – Lynn and Karyn will be displaying a selection of ladies and gents fashions and underwear at 2pm .
DECEMBER	6	The Service of the Christian Community with the Reverend Cheryl Nekvapil at 10am.
2009		
JANUARY	6	Epiphany Festival –The Fourth King. \$2. Afternoon tea provided – contact Pam Thomas.
FEBRUARY	12 16?	Jonas the Magician – magic show hosted by Jonas - <b>2pm</b> Coffee outing at <b>The Upper Crust</b> in Normanhurst.
MARCH	3 19	Peter Christian will speak on <b>The First Fleet</b> at 2pm with afternoon tea. <b>The Formation of the Earth</b> a talk by Raimund Pohl at 2pm with afternoon tea. <b>The Sydney Lyre Ensemble</b> . Pre-Easter lyre performance with Coral Paterson and her ensemble. Date and time to be confirmed.
APRIL	29	The Wesley Singers. Post-Easter choral performance.
MAY	2	Life Members' Dedication ceremony (date and time to be confirmed).
JUNE	24 27	St John's Day – Winter Soup Night Instrumental concert with Jacqui Ciddor, Elizabeth Nurthen, Jeanette Tsoulos and Eurthymy (to be confirmed) with Christopher Coote. - <b>2pm</b>
JULY	24	St Christopher's Day – Garden Tribute and Celebration



## REGULAR EVENTS IN THE COTTAGE

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

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

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

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

Footbath Therapy is held every second Tuesday in the Annex.



*Merry Christmas and  
a Happy New Year!*