

A photograph of a grassy field with a fence and trees in the background. The foreground is a dry, brownish field. A green lawn is visible behind a fence line. In the background, there are several trees, including a large, leafy tree on the left and a bare tree on the right. A house is partially visible behind the trees. A metal ladder is standing in the grass on the right side.

# NEWSLETTER No 3 Spring 2012



**CHRISTOPHORUS HOUSE**  
retirement village



# index

Editors letter .....	2
Acknowledgments .....	2
Message from the CEO .....	3
Maintenance Matters .....	4
Work Health & Safety .....	4
News from the Hostel .....	5

## FEATURE ARTICLE:

Eating right as you get older .....	6
Massage therapy for the elderly ..	7

## POETRY CORNER:

There is a cat named Josie .....	4
There is Friendship .....	6
The Computer Swallowed Grandpa .....	?

Book review .....	7
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## CALENDAR

of EVENTS .....	8
-----------------	---



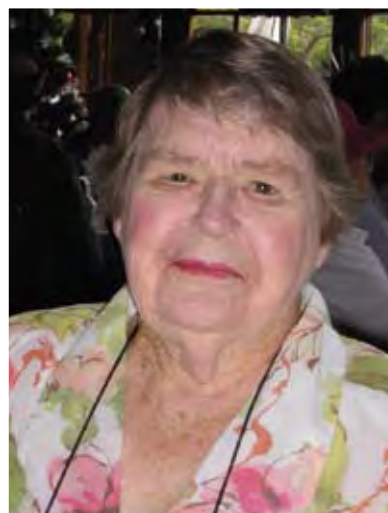
## Editor's Letter

Dear Members and Friends

In our last Newsletter, we featured an article on the life of Reuben Lane, architect, who had a long history with Christophorus House. On 27th June an article appeared in the Sydney Morning Herald entitled *Architect of Depth and Vision* which complemented his life story even more. For those interested in this story, I have a copy of the Herald's article available.

We also remember Christophorus House' first Patron, Dr Harold (Harry) Raymond Edwards, who crossed the threshold on 25th June 2012, aged 85. A tribute to his long life encompassing his political career was featured in *The Bush Telegraph* on 19th July. For those who attended the 21st Birthday celebrations on 29th October 2005 may recall that he was one of the keynote speakers on that occasion, reflecting on the Village's long history.

We warmly farewell Mrs Kath Smith who moved to a facility which is closer to her family. We wish her much happiness. And to the family of Mrs Veronica Grace (+8/8/12), from her dear friends here at the Village, we extend our sincere sympathy in the passing of their beloved mother. Veronica was a friend to many here. Her strong Christian faith helped her cope with her deteriorating health. Her courage and strength shone like a beacon to us all. She will be missed very much.



I'm pleased to say that the many combined social events between Self Care and Hostel residents are going well. Events are held in the Hostel lounge room which is a cosy and friendly space. Of note has been the *Piano Fundraising* concert and Milan's report will elaborate on this event.

Well, spring is just around the corner, thankfully, and I'm looking forward to the warmer weather again as I'm sure you are too. This winter's been cold and dry and to all of you who are unwell or recovering from a cold or flu – get well soon! We have many interesting things to look forward to as we wind our way towards year's end. Mainly, the development plans for expanding the Village (as per our cover photo).

A warm welcome to Samuel Flynn Ibbett, second child to Jason and Liz who arrived into the world in May. Son Number 1, Thomas, loves his new littler brother very much! Congratulations! For readers interested in accessing an online copy of the Newsletter, please see our website at [www.christophorushouse.com.au](http://www.christophorushouse.com.au) and follow the links. A reminder

also that our library has a good range of reading material and DVD's for loans from Mondays to Thursdays 9am to 5pm. Warmest good wishes to you all – until next time!

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

### Christophorus House Retirement Village

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

Board Members: Chairman Robert Allerdice, Mary Arndell,  
Graham Long, Sune Nielsen, John Kingsland, Madeleine Pathe  
and John D Shaw; CEO: Milan Telford; Acting Hostel Manager:

Vik Sonea; 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

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Cover Photo taken at the Village. 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](mailto:mbebb@christophorushouse.com.au)

# From the Desk of the CEO



As announced in the Editor's Letter of this Newsletter, we remember the passing of our friend Dr Harry Edwards and our long time friend and resident Veronica Grace; it was with sadness that we learnt of their passing and I extend condolences to their families.

In the period since our last Newsletter, John Shaw our Patron, has kindly accepted a long standing invitation to join our Board. We welcome John and appreciate greatly his presence already at our Board meetings. A new Patron will be announced shortly.

The financial result for the year ended 30th June 2012, was a surplus of \$95,629 and whilst this was down on the previous year, it was a better than expected result, given the purchase of 15 Mildred Avenue at a cost of \$2.635m resulting in a lost opportunity cost of interest earnings for the months March to June. The lost opportunity cost will continue into the forthcoming two to three years, until such time as the land has been developed to Stage 1. Matters associated with the development will be reported on at our next forthcoming Annual General Meeting, which will be held on Saturday 27th October at 10am here at the Administration Cottage. Notice of the meeting will be circulated to members of the Company

in due course, however all friends are welcome to attend.

Ray Fitz-Gibbon and Associates, architects, have continued working on the Architect Master Plan, and the Board at the last Board meeting, approved in principle the concept and direction of the plan, due to be completed October 2012. The development of the 15 Mildred and 5a Mildred sites will be staged, with three distinct stages identified. Stage 1 will include 4 three bedroom units and 6 two bedroom units. The size of the two bedroom units will be almost double the existing two bedroom unit size and the three bedroom units will be larger still again - size of units having been identified as an issue for future retirees during our Planning Committee meetings in 2011. These plans are subject to bank finance which still needs to be secured and this process is currently in train. The subsequent stages (2 & 3) will be developed there-after as soon as is financially possible within the Villages financial capacity. There is the wider community (Hornsby constituents) interest in the new development with now 6 prospective residents having placed their name on a waiting list for the new units.

On Saturday, 28th July 2012, we had a fund raising concert for our new (2nd hand) piano. I should like to thank Wolfgang Devine for organising this and performing in the concert alongside our long-time friends Jacqui Ciddor (who is legendary) and John Statter, who debuted a marvellous composition of his own. Our guest of honour was the Hon. Mr Philip Ruddock and his

gracious wife Heather, and considering they had both just returned from overseas, it was very good of them to support our event, despite the jet lag. I should like to thank all our residents and friends who came along, as well as all the staff, (I won't single anyone out) who contributed to the making of the day a pleasant social. Our piano fund-raising now stands at \$4,450, the target being \$5,000.

The Hostel is currently being capably managed by our Acting Hostel Manager, Vik Sonea, and I thank Vik for his dedication to the work and to Christophorus House. I thank the staff for their support of Vik during these months. As reported in the last Newsletter, the position of Hostel Manager has been left open until mid October, in the hope that Andrea will be able to take up the position again.

Recently, as indicated in the Maintenance Supervisor Report by Hayden Ibbett, we commenced a renovation program of rooms in the Hostel, the first three of which have just been completed. The program of renovations will continue over the next 5 years. The NSW government will shortly be mandating the retrospective fitting of a sprinkler system in the Hostel and it is not known at this time, how many hundreds of thousands of dollars this will cost CHRV; such cost impact will have a deleterious affect on our ability to fund other improvements in the Village.

I should like to complement our gardener Jason, for his excellent work in preparing the gardens for summer; this has included work on landscaping the front of the site and all is looking spick and span - well done Jason.

**Milan Telford**





# WORK HEALTH AND SAFETY CORNER (WH&S)

by M Telford CEO

As reported last Newsletter, OH&S has been superseded by the new Work Health and Safety Act 2011 (and Regulations there-to) (WH&S). This Act imposes a duty to all, to take care of health and safety issues, the standard being 'duty to take reasonable care'. The onus of proving negligence on the part of a 'Person Conducting a Business or Undertaking (PCBU)' falls now on the victim and not the PCBU.

WH&S has now imposed a greater duty, that of 'Due Diligence' on 'Officers of the Business Entity', an officer being as defined in the Corporations Act. At CHRV this would include the Directors and the CEO only. A failure to meet this positive duty of 'Due Diligence' can result in a criminal prosecution (with up to 5 years prison) and /or a fine up to \$600,000 for an officer and up to \$3million for CHRV, where reckless behaviour is proved. For someone who is not an officer (i.e. everyone else), the fine can be up to \$300,000 per individual and 5 years jail.

Due Diligence is described at length in the Act. A further standard which is applied to work health and safety issues is that of 'Reasonably Practicable'. The definition is as follows.

In this Act, reasonably practicable, in relation to a duty to ensure health and safety means that which is or was at a particular time, reasonably able to be done in relation to ensuring health and safety, taking into account and weighing up all relevant matters including:

- (a) the **likelihood** of the hazard or the risk concerned occurring; and
- (b) the **degree of harm** that might result from the hazard or the risk; and
- (c) **what the person concerned knows**, or ought reasonably to know, about:
  - (i) the hazard or the risk; and
  - (ii) **ways** of eliminating or minimising the risk; and
- (d) the **availability and suitability** of ways to eliminate or minimise the risk; and
- (e) after assessing the extent of the risk and the available ways of eliminating or minimising the risk, the cost associated with available ways of eliminating or minimising the risk, including whether the **cost is grossly disproportionate** to the risk.

A business entity cannot 'bubble wrap' everything in order to prevent incidences; the duty is to do what is reasonably practicable weighing up the above matter. So for example, it would be cost prohibitive to re-do all footpath surfaces, one would look at the matters above to determine where to re-do and fix footpath surfaces.

Picture shows men at work - Safety Issues????



## Maintenance Matters



September is already here – how the year has flown! I am pleased to report that renovations to Room 12 in the Hostel are now complete and renovations to Rooms 17 and 22 are underway.

Also, Self Care Unit 22 has

been completely renovated with a fresh coat of paint, new carpets laid, a new kitchen bench top and some new curtains. Self Care Unit 20 will undergo a similar renovation in the coming weeks. Jason, our gardener, has re-established the front lawn at the entrance to the Village and put in some garden beds and transplanted plants to make this area more attractive when entering our premises. A number of trees have recently been lopped and some cut down as overgrowth has caused large roots to not only uplift pavements but create other problems as well. A new Safety Link panel board will be installed to upgrade our outdated services and which will include future developments at our facility. All in all, the Village is running smoothly, thanks to the great team we have working together. Till next time, keep well.

Hayden Ibbett

Maintenance Supervisor



### There is a cat named Josie

*There is a cat named Josie  
That is very warm and cosy.  
She waits for her dinner,  
She's not getting any thinner!  
She's one of God's creatures  
And has very special features.  
She's looked after by Joyce  
Who had no choice!  
Joyce does a good job  
And that's worth a bob.*

Rosa McTiernan, June 2012

# News from the Hostel

## Report by Kathy Gasper, Diversional Therapist

Our Leisure program for the last 3 months just keeps getting more interesting and diverse! Vicki and I are endeavouring to include a greater range of leisure activities in response to the diverse interests of the residents. We now include sing along songs and carpet bowls once a month.

Vicki, our RAO, was contacted by Asquith Boys High School in June to invite residents to morning tea. They run a program that trains boys in café skills such as making coffee and serving people. Those residents who attended were treated to a great cup of coffee and delicious cakes, music entertainment by the boys and some wonderful conversations with the prefects of the school – and all for free! Needless to say, everyone was looking forward to the next morning tea on the 27th of August, which again was an enjoyable morning.

Inspired by that wonderful morning tea, we hosted our own High Tea for the Queen's Birthday and had some wonderfully delicious morsels of cake and sandwiches whilst paying tribute



to our sovereign ruler. Just as well we celebrated the Queen's birthday as none of our residents had a birthday in June or July.

We have had some top class entertainment as well with the return of Kristy Lee who was such a success at last years' residents Christmas lunch, and in July two wonderful events. Gordon Gilkes, who performed on Dancing with the Stars and partnered Dawn Fraser, came and gave a talk about his professional dancing career as well as a few anecdotes from

teaching Dawn to dance. He also encouraged us all to have a go dancing with either walkers or each other whilst playing some toe tapping tunes. If the Trocadero was still operating I think



that some of us would have liked to have paid it a visit.

We also welcomed Kris Stanley and her feathered friends at the end of July. Words cannot express how much enjoyment and pleasure was had at being able to look, nurse and have photo's taken with Kris's menagerie of birds and a gorgeous dwarf rabbit. Pictures tell a thousand words so I've included a selection for the newsletter.

At the beginning of August we had our own Hostel Olympics where the



residents played for gold silver and bronze medals (made out of chocolate chip cookies!) We entered into the Olympic spirit by playing basketball (well, shooting goals anyway), balloon tennis, carpet bowls (which is more in line with the Commonwealth Games, I must admit) and for the not-so-sporty, a word game. Medals were well spread out amongst those present and a fun time was had by all.

Our entertainment program had a slight hiccup at the beginning of August with Nikoli Dyumin being unable to perform due to an important bit of equipment being left behind. We have, however, rebooked him for October as many were looking forward to hearing his skills on the violin. We also welcomed back the Salvation



Army who schedule twice yearly visits to our facility. We celebrated three birthdays in August: Jean Williamson's 90th, Margaret King's and Gordon Allerdice. Happy birthday to you all!

And so the last three months of the year are quickly coming upon us. We have planned to go to the Epping Boys Morning of Music and the Melbourne Cup Day is in our minds already, so I won't mention the "C" word just yet!

# Eating Right as You Get Older

For older adults, the benefits of healthy eating include increased mental acuteness, resistance to illness and disease, higher energy levels, faster recuperation times, and better management of chronic health problems. As we age, eating well can also be the key to a positive outlook and staying emotionally balanced. But healthy eating doesn't have to be about dieting and sacrifice. Eating well as an older adult is all about fresh, colorful food, creativity in the kitchen, and eating with friends.

Senior nutrition: feeding the body, mind and soul. Remember the old adage, *you are what you eat*? Make it your motto. When you choose a variety of colorful fruits and veggies, whole grains, and lean proteins you'll feel vibrant and healthy, inside and out. Of course, there are many aspects to creating a nutritious lifestyle. Here are some pointers:

- Live longer and stronger – Good nutrition keeps muscles, bones, organs, and other body parts strong for the long haul. Eating vitamin-rich food boosts immunity and fights illness-causing toxins. A proper diet reduces the risk of heart disease, stroke, high blood pressure, type-2 diabetes, bone loss, cancer, and anemia. Also, eating sensibly means consuming fewer calories and more nutrient-dense foods, keeping weight in check.
- Sharpen the mind –Key nutrients are essential for the brain to do its job. People who eat a



selection of brightly colored fruit, leafy veggies, and fish and nuts packed with omega-3 fatty acids can improve focus and decrease their risk of Alzheimer's disease.

- Feel better –Wholesome meals give you more energy and help you look better, resulting in a self-esteem boost. It's all connected—when your body feels good you feel happier inside and out.

## Senior food pyramid guidelines

**Fruit** – Focus on whole fruits rather than juices for more fiber and vitamins and aim for around 1 ½ to 2 servings each day. Break the apple and banana rut and go for color-rich pickings like berries or melons.

**Veggies** – Color is your credo in this category. Choose antioxidant-rich dark, leafy greens, such as kale, spinach, and broccoli as well as orange and yellow vegetables, such as carrots, squash, and yams. Try for 2 to 2 ½ cups of veggies every day.

**Calcium** – Maintaining bone health as you age depends on adequate calcium intake to prevent osteoporosis and bone fractures. Seniors need 1,200 mg of calcium a day through servings of milk, yogurt, or cheese. Non-dairy sources include tofu, broccoli, almonds, and kale.

**Grains** – Be smart with your carbs and choose whole grains over processed white flour for more nutrients and more fiber. If you're not sure, look for pasta, breads, and cereals that list "whole" in the ingredient list. Seniors need 6-7 ounces of grains each day

(one ounce is about 1 slice of bread).

**Protein** – Seniors need about 0.5 grams per pound of bodyweight. Simply divide your bodyweight in half to know how many grams you need. A 130-pound woman will need around 65 grams of protein a day. A serving of tuna, for example, has about 40 grams of protein. Vary your sources with more fish, beans, peas, nuts, eggs, milk, cheese, and seeds.

## Physical changes worth noting:

- Metabolism. Every year over the age of forty, our metabolism slows. This means that even if you continue to eat the same amount as when you were younger, you're likely to gain weight because you're burning fewer calories. In addition, you may be less physically active. Consult your doctor to decide if you should cut back on calories.
- Weakened senses. Your taste and smell senses diminish with age. Seniors tend to lose sensitivity to salty and bitter tastes first, so you may be inclined to salt your food more heavily than before—even though seniors need less salt than younger people. Use herbs, spices, and healthy oils—like olive oil—to season food instead of salt. Similarly, seniors tend to retain the ability to distinguish sweet tastes the longest, leading some to overindulge in sugary foods and snacks. Instead of adding sugar, try increasing sweetness to meals by using naturally sweet food such as fruit, peppers, or yams.
- Medications and illness. Some prescription medications and health problems can often negatively influence appetite and may also affect taste, again leading seniors to add too much salt or sugar to their food. Ask your doctor about overcoming side effects of medications or specific physical conditions.
- Digestion. Due to a slowing digestive system, you generate less saliva and stomach acid as you get older, making it more difficult for your body to process certain vitamins and minerals, such as B12, B6 and folic acid, which are necessary to maintain mental alertness, a keen memory and good circulation. Up your fiber intake and talk to your doctor about possible supplements.

**References:** [http://www.helpguide.org/life/senior\\_nutrition.htm](http://www.helpguide.org/life/senior_nutrition.htm) and <http://www.google.com.au/search?num=10&hl=en&site=imghp&tbm=isch&source=hp&biw=1280&bih=827&q=healthy+elderly+people&oq=healthy+elderly>

## There is a Friendship

*Among men*

*and women who dare to open their*

*heart's secrets to one another, there lives the Hope and promise of friendship. In the deepening silence they will bear with Love the knowing of what one has and has not done. And in this understanding, friendship shall bring to each of them the light of the Spirit Sun. Faith in this experience of true friendship will be the foundation of the World to come.*

**William Bento, PhD**

**Originally published in Anthroposophical Outreach Newsletter for Prisoners.**



# Massage Therapy Provides Important Benefits for the Elderly



Massage therapy provides many benefits besides the nurturing touch to the skin, our largest organ. Gentle, purposeful, and directed strokes to the body get blood and lymph fluids moving along, open energetic transmission pathways, loosen tight and spasming muscle fibers, and improve range of motion and posture. When we overwork our bodies, these benefits get us back to our optimal best quite

quickly.

For older people, especially those who may live alone or who are fairly inactive, regular massage is extremely beneficial. As we age, many of our systems slow down. Often older people suffer from dehydration which further slows the transmission of fluids and vital nutrients to all cells of the body. Many conditions may be bothersome to older people, like arthritis, achy joints, gastrointes-

tinal disorders, balance issues, and possibly diminished vision and hearing, all contributing to a loss of self confidence.

Massage therapy provides an opportunity for helping elders get back in touch with the vital sensations of their bodies and to feel nurtured and cared for. It accelerates the removal of normal cellular wastes that can cause fatigue

and malaise when backed up from a person being more sedentary. It also offers the therapist the opportunity to check the condition of the skin and to look for any abnormalities. Clients often report they feel more energized and alert and the quality of their sleep improves. Digestion often improves and pain sensations diminish. They begin to feel "like their old selves" again.

The power of purposeful nurturing touch cannot be overstated. Massage therapy is just one way to assist older people begin to feel alive and get moving again, which in fact they do as their health improves with the many benefits massage therapy provides.

*Reference: Sandpoint Wellness Council at <http://www.sandpointwellnesscouncil.com/2010/01/massage-therapy-provides-important-benefits-for-the-elderly/>*

## Book Review



### **Seek the Light that Rises in the West**

Fear, doubt, insecurity, illness, loneliness, death.....

These are difficulties in every human life, from which one cannot escape in any way, and for which no worldview, science, nor social life seems to be able to give comfort anymore.

For the Westerner, thinking is a main problem. As a result of the development of science, there is a continually growing body of factual knowledge; but faith is left behind, as well as certainty in knowing, in science. If we look for consolation in times of doubt and loneliness, must we leave the realm of thinking and turn to different areas of our soul-life (such as to be more in-touch with our feelings)? Or is it possible in this time of rational thinking, that thinking is precisely the key to coming to a faith that is based on certainty in knowing?

In this book we are summoned to learn to experience this problem of the Westerner (the problem of thinking) ourselves, in order to come from this gained experience to our own insight in the path which leads us away from the darkness of rational intellect. Just there, where twilight falls, we find the light that enlightens doubt and loneliness, but also illness and death. Knowing for certain is not modern, and one could say that this book is a revival of an outdated idealism. That objection can only be made if one overlooks the fact that a decisive step is made in this work, enabling all old questions to arise in a new light. It is the step of the self-experiencing of thinking, through which a self-knowledge becomes possible which adopts a scientific character on the one hand, and is at the same time the pathway to a modern mysticism. Thus sounds the ancient summons to the new self-conscious man in the 21st century:

### **GNOTHI SEAUTON**

#### **Man, know yourself!**

Author Mieke Mosmuller (1951) was born in Amsterdam and studied medicine there. She has worked as a doctor since 1978. In 1983 she found anthroposophy, and an intense meditative inner life began. 'Seek the Light that Rises in the West' was published in Dutch and German in 1994. Since then she

has written 28 books, many of which have been published in German. She writes about philosophy and anthroposophy and she has also written 14 novels. In 1998 a book was published (Simply God) that contains her conversations with the late Toon Hermans, a well-known comic and cabaret artist in the Netherlands. She gives seminars in many European countries. This book is now available in the CHRV Library.

# CALENDAR of EVENTS

Month	Day	Event
SEPTEMBER	6	<b>Wildlife &amp; Fauna of the Northern Territory</b> – talk by Dr Raimund Pohl at 1pm in the Hostel lounge room. RSVP Monika 9476 3161 ext 2.
	12	<b>Extended shopping day to 3pm</b> , for self Care residents.
	19	<b>Epping Boys High School concert for seniors</b> . Bookings essential on 9476 3161 ext 2.
	24	<b>Monday Movies: The Challenge of Rudolf Steiner Part 1</b> - in the Cottage at 10.30am and 2pm. All welcome. Morning/afternoon tea or coffee served.
	25	<b>Adriana von Runic flute solo performance – in the Hostel lounge at 2.30pm</b>
OCTOBER	7	<b>Daylight Savings</b> begins today.
	18	<b>Barbeque Lunch for Self Care residents</b> . Bookings essential on 9476 3161 ext 2.
	22	<b>Monday Movies: The Challenge of Rudolf Steiner Part 2</b> - in the Cottage at 10.30am and 2pm. All welcome. Morning/afternoon tea or coffee served.
	23	<b>Nikolai Dyumin</b> , violinist. This performance will be accompanied with backing music and hosted in the Hostel lounge at 2.30pm.
	25	<b>Self Care Residents' meeting</b> at 11am. Light lunch will be served.
NOVEMBER	1	<b>Golden Days of Radio</b> – talk by Mrs Myrna Dodd at 10.30am in the Hostel lounge room.
	6	<b>Melbourne Cup Day</b> festivities and race. Wear your best hat and come watch the race in the Hostel lounge!
	11	<b>Remembrance Day</b>
	14	<b>Extended shopping day to 3pm</b> , for self Care residents.
	19	<b>Monday Movies: film to be advised</b> - in the Cottage at 10.30am and 2pm. All welcome. Morning/afternoon tea or coffee served.

Please contact Monika on 9476 3161 ext 2 beforehand to confirm times and dates as changes may occur due to unforeseen circumstances.

## REGULAR EVENTS IN THE COTTAGE

**Scrabble** is held in the Hostel lounge Evelyn Latter Room on Monday afternoons. Enquiries 9476 3161 ext 2.

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

**The Christian Community** holds Services for *The Act of Consecration of Man*. Phone Monika for details.

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

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

**Footbath/Leg Massage Therapy** is done fortnightly on Fridays in the Hostel.

