NEWSLETTER No 3

Spring 2014

Christophorus House
retirement village

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Miss Mary (Molly) Dundon (16/7/1921 – 31/7/2014)

Editor's Letter

Dear Members and Friends

Greetings and a warm welcome to our Spring newsletter. Although we are still experiencing wintery days and especially cold nights, spring is on its way!

As usual, I'm kept quite busy here in the office. Preparing for the Newsletter is always in progress and when the suggestion by one of our Board members to feature the Village's pets in this issue, I was delighted to pursue this. We have three residents with a pet. There's also the Village cat Josie who is 22 years old and roams the Village looking for a feed and a pat!

We remember our friend and resident, Molly Dundon, who passed away in late July. Molly was well liked, as was her beloved pooch Susie. We remember her as a warm-hearted and kind woman. Her gentleness and friendliness will be missed. We also remember Christophorus House founding member Aloys (Louis) Tromp who passed away on 22nd May. Louis is warmly remembered by fellow founding member David Wansbrough in this Newsletter. *Monday Movies* is now offered as an afternoon session once a month and with the closure of most DVD stores around the Hornsby area our new Apple tv device was well-timed as we can now access films via the internet, thanks to our technical support and helper John Rowan! Painting classes are on the agenda for late spring. The midwinter soup lunch was well attended and much enjoyed and of course Wolfgang's talks on interesting and varied topics continue to be popular. Jolyon Bromley came again to the Village and spoke on Achilleion which stimulated much conversation and questions. Thank you Jolyon! I'd like to remind people we have a library of books by Rudolf Steiner and others. Please call me if there's a particular title that interests you. And finally, Newsletters can now be downloaded at www.christophorushouse.com.au for those not wanting paper copies. Until next time, good wishes.

Monika Bebb
Self Care Liaison Co-ordinator

Maintenance Matters

Since the last Newsletter, all 23 ILU (self care units) have had their gutters cleaned as well as the storm water drains and pits cleared and cleaned. It was done just in time before the deluge we had – our rain gauge collected 110mls of rain water over three days! Throughout the Village, we faired well with only one tree falling over which was behind Unit 12. Talking about Unit 12, it is set to undergo major renovations now that the unit is vacant since the passing of Molly. Molly was a much loved resident and will be sadly missed.

The Hostel is running smoothly with no major works needed as per the preventative maintenance schedule. Thanks to a great team of staff and appropriate reporting procedures, everything is kept in line. We recently received an A-rating with the kitchen audit. Hostel Manager Denise and I went to a local nursing home which was being demolished for upgrades. We purchased 12 electric-operated hospital beds from this facility and replaced them with the current beds in our Hostel. The new beds are now much easier for caring staff to manage when making up beds for residents. Great buy, Denise! Well, that's all I have to report for now. Until next time, keep dry!

Hayden Ibbett
Maintenance Supervisor

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Maintenance: 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 CEO

It is not my usual practice to comment on the passing of members of our wide community in this column, however it is appropriate to mention that in April this year, one of our foundation members and a life member Aloys Tromp, was involved in a vehicle accident and some many weeks later whilst still in hospital, passed on from his injuries in the accident. There is a tribute to Aloys, further in this Newsletter, which talks about his early association with Christophorus House. I first met Aloys in the early 1980s; as he was an accountant (he worked for Qantas), we already had common ground when we met. I remember him to have been very outspoken and he often raised many questions about the financial reports I undertook for the Anthroposophical Society; one could always count on Aloys to scrutinise the figures each year at the annual meetings. Over the many years, we kept in touch; he was a not too infrequent phone caller to me at CHRV and he would often send donations over the course of the year to CHRV – always thinking of us; it was his way of staying in touch. I will remember Aloys as a person who knew his own mind and once he had decided something, would not be moved from his conviction. Aloys also had a wry sense of humour and one can still picture his large smile when laughing.

On 14th April 2014 we lodged our Development Application (D.A.) for the new ILU development on Mildred Avenue. Apart from a minor infraction of the zoning rules to do with the height restriction of 10.5 meters, where in the middle of our buildings the height is between 0.5 and 1.0 meters higher along the ridge, we complied with all requirements. In February as reported in a previous Newsletter, we did have the Mayor (Steve Russell) and some Councillors visit us for a presentation and walk around. They were then and still are most supportive of our development. Unfortunately, due to work loads, Council Staff have not been able to complete the reports at time of writing, but it is planned that the D.A. will come before Council for their 8th October meeting. We have been informed that many Councils in NSW are experiencing heavy work-loads due to the increase in the number of D.A.s lodged. The Mayor continues to correspond with us and I am grateful for his interest and assistance with our development proposal. Following approval, the construction drawings phase begins and this is scheduled to take 13 weeks. Near the end of this time, a meeting will be called of all prospective residents (some on our waiting list, and those who may respond to our advertising). By the time of the meeting, cost of construction will be known based on the construction drawings and a firm price will then be approved by the CHRV Board. We will need to obtain 'Expression of Interest' from prospective residents, enough to satisfy our financier (100% would be best for the first stage of 16 units). With a building tender process, I estimate that on the proviso that the D.A. is approved on 8th October (and as a result no more planning delays) that construction should commence in May or early June 2015.

The new Aged Care reforms have now come online with changes effective 1st July 2014. Despite over three years of stating our case and lobbying for amendments to the then proposed changes and subsequently to the actual legislation, the one change in particular that we wanted to see never eventuated. At this point I should like to acknowledge the efforts made on our behalf by our local member Mr Paul Fletcher, on this matter. The Abbott government (inheriting the legislation from the previous government) has however, taken a 'wait and see' approach in terms of the impact on the new aged care system from the reforms (reform would not be my choice of word); unfortunately, the industry feels that the impact from the reforms will only occur from year 3 onwards, and not within the 18 month window that the government instrumentality (ACFA = Aged Care Financing Authority) is set to monitor.

The new Independent Living Unit development (not aged care), will be the 'saving grace' for CHRV in terms of support for the Hostel over the coming years and before we are in a position to make a decision as to whether or not to expand our aged care services – dependent on viability of doing so. For other small regional providers however it is a question as to how they may fare, which will depend on each of their individual circumstances. Minister Fifield has already flagged in an interview on television earlier this year, that he didn't see a future for low care residential. CHRV is experiencing the consequences of this statement already, in that government funding has decreased or for some residents disappeared, who before changes to the funding instrument came about, would have been entitled to some funding for services that we provide to them.

Planning for the retrofit of the fire sprinkler system in the Hostel has commenced with work scheduled to commence in February. This is a mandatory requirement (following the Quakers Hill fire) by State government and no government funding is available on this project which has an estimated $175,000 to $250,000 price tag (still to be tendered and price to be ascertained). I should like to say that any donations for this project would be gratefully received and are tax deductible.

To end on a positive note, the Annual Report is being prepared and we had a comparatively good financial result as compared to budget estimates; our results having languished, since we invested heavily in the purchase of land for the new ILU development, with no return expected on this investment until completion of the construction. Details will soon be available in the Annual Report (in which the complicated result is explained in full) and this will also be published on our website. The Annual General Meeting is to be on Saturday 1st November, 10am in the Cottage. Please pencil this into your calendar; you are most welcome to attend.

Milan Telford

August 2014 calender phenomenon

August 2014 had 5 Fridays, 5 Saturdays and 5 Sundays. This happens only once every 823 years. The Chinese call it 'Silver pockets full (based on Chinese Feng Shui).

August 2014

Sun	Mon	Tues	Wed	Thur	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

The Gift of Friendship

Friendship is a Priceless Gift
that cannot be bought or sold,
But its value is far greater
Than a mountain made of gold –
For gold is cold and lifeless,
It can neither see nor hear,
And in the time of trouble
It is powerless to cheer –
It has no ears to listen,
No heart to understand,
It cannot bring you comfort
Or reach out a helping hand –
So when you ask God for a *Gift*,
Be thankful if He sends
Not diamonds, pearls or riches,
But love of real true friends.

Helen Steiner Rice

One day, God was looking down at earth and saw all of the rascally retirees' behavior that was going on... So He called His angels and sent one to earth for a time. When the Angel returned, he told God,' Yes, it is bad on earth; 95% of retirees are misbehaving and only 5% are not. God thought for a moment and said, 'Maybe I had better send down a second angel to get another opinion.' So God called another angel and sent her to earth for a time. When the Angel returned, she went to God and said, 'Yes, it's true. The earth is in decline; 95% of retirees are misbehaving, but 5% are being good...' God was not pleased. So He decided to e-mail the 5% who

were good, because he wanted to encourage them, and give them a little something to help them keep going. Do you know what the e-mail said? Okay, I was just wondering, because I didn't get one either.

Sourced at http://boardofwisdom.com/togo/Quotes/ShowQuote?msgid=54218#.U_1cYcIcTcs

"I thank you God for this most amazing day, for the leaping greenly spirits of trees, and for the blue dream of sky and for everything which is natural, which is infinite, which is yes."

E.E. Cummings

News from the Hostel

Report by Kathy Gasper, Diversional Therapist

Once a month the Hostel plays host to *Velma's Pets as Therapy* alternating Saturdays and Sundays during the year. Susan has been coming to us for some time now first bringing us Sasha and Fang to visit and more recently Tyrone. Susan and sometimes her daughter or another volunteer bring great joy and laughter to the Hostel with the dogs performing tricks and Susan telling anecdotes.

Many residents have given up their beloved pets when they move into assisted living so we are grateful that these special dogs, some of them rescue animals, can come and bring the joy of life and furry love into the facility. All have been carefully selected for their exceptional manners and disposition.

On the subject of domestic animals,

there must be a mention of the Village cat Josie who also spreads the love of cats for the residents who prefer the feline members of the animal kingdom. Josie is not adverse to a pleasant cuddle from the Hostel residents or a small conversation where I'm pretty sure she is requesting food.

We have also been reading a book on Tuesday mornings called *Unconditional Love* which is a collection of pet rescue animal stories that tell of how these lost creatures have given joy and inspiration to their new owners.

On a sombre note I must note the passing of three of the Hostel residents, Maisie Wilkinson, Marjory Lundy and Pat Bolton. It is fitting in this Newsletter that we should highlight our pets as therapy visitors as Marjory, in particular, loved dogs and her daughter would sometimes bring her dog to visit Marjory. Pat is also pictured with one of the pet therapy dogs. Pat has been a resident here, along with her husband Harry, for quite a few years and was always filled with the joy of life and ready to have some fun. We will miss her.

Pets form such an integral part of our lives and it is well documented how much they enhance our mental and physical health. It is heartening that here at Christophorus House this is recognised and encouraged.

Pet Therapy at Christophorus House

Did you know that watching and interacting with animals is good for you? Many people like to watch animals, but few realise that there are real health benefits.

People with pets are more active and healthier than those without. Having a pet gives you a good reason to get up and get active. It also gives you a loving and supportive presence in your life. Psychologists measuring stress levels found that people are the least stressed when they are with a beloved pet. They are most stressed with their spouse in the room.

Pets can help you make friends, too. If you are walking a dog, other people are more likely to say hello and start a conversation. This means that you are out getting more exercise, are less stressed and are making friends. What a great deal!

Some people worry about furry pets triggering allergies, but a recent study showed that babies are less likely to have allergies if their mother had a dog or cat while pregnant. It seems that the family dog can start to offer health benefits even before you are born.

There are even more health benefits for adults. People with a dog are more likely to survive heart problems and use less medication. Patting a dog lowers your blood pressure, decreases your stress hormones and causes your brain to produce endorphins – natural painkillers. All of this happens without any dangerous side effects and you can take as much as you want to. Even more amazing is that the dog has exactly the same reaction.

Interacting with people is good for dogs, too. Residents at Christophorus House have been enjoying pet therapy for more than 11 years. Volunteers from *Velma's Pets As Therapy* visit

every month with friendly dogs. Everyone gets a chance to watch some fun tricks, to chat about favourite pets and to have a bit of a cuddle if they wish. Our most experienced visiting dog is Fang, the Shih Tzu cross who has been visiting for the whole 11 years. He sometimes takes a break while other dogs have a visit, but Fang regards Christophorus House as a second home. He relaxes so much that he sometimes dozes off on favourite laps! Fang is now 15 years old and his young friend, Tyrion, has begun visiting, too.

Christophorus House Hostel is such a welcoming

place, that new volunteers often have their first visit here with the support of experienced trainers. The variety of dogs means that there is something for everyone. Over the years we have been visited by dogs ranging from fluffy little Fang to Sasha the sooky Rottweiler and Zelda the giant English mastiff. All of the dogs love meeting new people. Both residents and pets benefit from these visits.

Susan Filan

Velma's Pets As Therapy volunteer and trainer

In Memoriam

ALOYS "LOUIS" TROMP

24/11/1938 - 22/5/2014

Life Member, Christophorus House Retirement Village

(Photo taken approx 1994 at the conference of the Anthroposophical Society in Adelaide, courtesy of Dr h.c. K Kaltenbach, OAM)

Louis Tromp waited until 8 on Saturday mornings so as not to disturb the neighbours, and then he got on with work. We used to be amused when an old shed was being demolished on the Christophorus House site and Louis would carefully straighten nails and put each one in a jar marked according to its length. Nothing that could save money was to be wasted because Miss Dilly and others had worked hard for each dollar. He'd carefully wipe his brush before applying the white paint to the wonderful building (known as the barn) that was in fact NSW's first pre-fabricated school. Its high structure had visible complex struts and was carefully painted when bolted together at the corners. Louis Tromp took the minutes of meetings with neat, concise and accurate notes and ensured that business was regulated in accordance with the Act even though it was quite some time before we were registered as a charity. He dressed formally but modestly in a grey or light blue suit when he had to approach authorities – and he knew the ordinances thoroughly. We saw him as a man who would assess the physical needs of a job and then see it through, sweat dripping as stumps or old cars were being winched out to clear the block of land. When I brought papers for him to sign at Qantas headquarters I was surprised to find that I was taken to MR Tromp, an executive with much responsibility. For a pale man characterised by low blood pressure, he was determined and resolute. When an enthusiast delivered a lecture in favour of C. G. Jung, Louis stood up and argued. "Dreams, Memories, Reflections? Why not wide awake thoughts? Why not resolves?" Although he meticulously maintained our accounts (and kept items out of the accounts by asking individuals to directly settle a threatened legal case by paying off a possible litigant without it being mentioned on the record), he did take financial risks. He understood Helga's vision for Christophorus House and insisted that the money spent painting the barn for art exhibitions and regular concerts was well invested because the venue could be used as a larger community focus. When Jacqui Campbell and others organised harp, poetry and story telling performances he made certain that newspaper publicity was optimised and that the Hornsby Council and Library were involved and he helped with flow-on concerts in Parramatta jail. He was not warmly spontaneous but he was a systematic planner who got things done. But he had imaginative foresight. After a conversation with Arne Klingborg he envisioned an art project; a Christophorus House calendar of Australian animals and he supervised the drawings, layout and printing and organised international distribution in order to involve visiting European lecturers in our cultural/spiritual impulse. He was a let's get on with it' man, without whom the vast possibilities of Christophorus House could not have come into being. He was not much interested in esoteric matters but he tested unfamiliar ideas with his strong sense of truth. Louis Tromp was a good, honest and trustworthy man who put his energy into bringing Helga's ideal of Christophorus House as an Anthroposophical living community into the tangible reality it is today.

David Wansbrough

WORK HEALTH AND SAFETY CORNER (WH&S)

by M Telford CEO

WH&S is and always has been a serious matter at CHRV, but one contractor who is too complacent and has a worker injured on CHRV premises, or one safety meeting short before an accident occurs, can land the Officer of a company such as CHRV into incredible financial strife and worse; with criminal charges. Whilst there are many exemptions under the WH&S laws from penalties particularly for government public servants and other categories of employer, the private sector employer/manager is the one in the firing line of the legislation and constantly exposed to losing their homes and life savings, should an incident/accident happen during their watch. And whilst there are defences available, the question at hand is always, 'how far is far enough?' in terms of managing the safety of all who venture into the work site in the eyes of the courts. The following case does highlight the exposure that management in the private sector is under, from legislation passed by State governments who exempt themselves from prosecution under the same legislation.

From article by Rachel Sutton at rachael.sutton@holmanwebb.com.au

Officer Charged Under WHS Act

An officer of a company in the ACT has been charged by WorkSafe ACT under the *Work Health & Safety Act 2011* (ACT) (WHS Act).

Background and Charges

In March 2012, a 48 year old truck driver employed by the PCBU, died as a result of the injuries arising from electric shocks. He was operating a tip truck when the elevated trailer made contact with a power line.

The Officer faces two charges under S32 of the WHS Act for failing to comply with a health and safety duty. Section 32 provides that a person commits a category 2 offence if that person has a health and safety duty with which they fail to comply and that failure exposes an individual to risk of death or serious injury.

The Officer was, under S27 of the WH&S Act, required to exercise "due diligence" to ensure the PCBU complied with its obligations. Section 19 of the WH&S Act required the PCBU to ensure, so far as is reasonably practicable, the health and safety while at work including the provision and maintenance of:

- A work environment without risks to health and safety, and
- A safe system of work.

The PCBU has also been charged with a category 2 offence under S32 of the WH&S Act on the basis that it had a health and safety duty which it failed to comply with and resulted in a death of a worker. Category 2 offences carry maximum penalties of $300,000 for Officers and $1.5million for a PCBU. The Officer has pleaded not guilty to the charges in the Industrial Magistrates Court. The ACT Work Safety Commissioner, Mark McCabe commented that the case sent an important reminder to officers that they have an individual responsibility to maintain a safe work environment.

Lessons Learned

It is apparent from this case that the regulators are prepared to prosecute individuals in senior management roles about workplace incidents should they fail to satisfy their officer obligations under the WH&S Act.

It provides an important reminder to officers that they have an individual responsibility to ensure reasonably practicable steps are taken to maintain a safe work environment, and are potentially liable when accidents occur in the workplace.

Pets at Christophorus House

Pets serve us in many ways – as helpers, as companions and for therapy. Humans have always enjoyed a close and rewarding relationship with members of the animal kingdom. We at Christophorus House have residents who have come to the Village with their faithful companions. They share their stories here.

Ruth and John: We have named our dog Blossom. Her first name given to me was "Butter". Blossom is 10 years old. She is a Shih-Tzu and was born in Hong Kong. She was given to us about 18 months ago. She was given away because her previous owner had a skin allergy to her. We always had a dog. We lost our two previous dogs Princey and Toby in very unhappy circumstances and were very happy when we found little Blossom. She was advertised in the dogs park. Having a pet is extremely important to us. Blossom consumes a lot of our affection and we see her as the third person in our small family. She is our dear little friend and companion on our daily walks. We feel fortunate to have found Blossom. She has adopted us and we her very easily.

Elizabeth: Lucy was named by my son, David, as he liked the name from a young girl in the Narnia Chronicles. She is four years old and is a black miniature Schnauzer. We bought her as a puppy and have had her ever since.

I've always owned dogs since the 1960's. In those days, we had a lovely Golden Retriever Labrador named Goldy, then a keeshond named Oscar and also another miniature salt and pepper Schnauzer named Abbie who moved here with us to Christophorus House. Lucy is a very loving dog who has lived all her life here at the Village with me. She loves to meet others in the Village and has made a lot of friends. Lucy often likes to say hello with a bark and then wags her tail. She also likes to go for drives in the car and for walks. When she was just a puppy, I had to go to Hornsby Hospital overnight. My son David came to the hospital to pick me up on a very cold and frosty morning. He had Lucy wrapped up in a blanket to keep her warm as he was waiting for me near the entrance to Emergency and in front of the maternity ward entrance. A man came up to David and said he thought it was the blackest baby he'd ever seen! He then realised it was Lucy's head poking out of the blanket. He had a good laugh when he saw Lucy up close.

Residents and visitors alike were fond of Susie, beloved companion of long time resident **Molly** who passed away in July. Susie was a friendly little dog and brought much joy to dear Molly in her last years. Susie is now in the company of a local friend and continues to be well cared for, which was arranged through Molly's friend and carer Diane before she died.

Aileen: Shirlock, my cat, has been with our family since he was a small kitten. He previously lived with me in Mildred Avenue which is at the rear of my unit here at Christophorus House so relocation for him was supported by familiar surroundings. He's very happy living with me here.

Monika Bebb (editor)

CALENDAR of EVENTS

Month	Day	Event
SEPTEMBER	**6**	Spring concert with Jacqui Ciddor and Jeanette Tsoulos – *Piano pieces*
	8	*Monthly Outing.* Enquiries please contact Barbara on 9476 1947
	13	The Christian Community service with Reverend Lisa Devine. Please be seated at 9.50am for a prompt 10am start. Morning tea and a talk to follow
	22	*Monday Movie* in the Cottage. Enquires Monika on 9476 3161 ext 2.
OCTOBER	**5**	**Daylight Savings** – move clock forward one hour.
	13	*Monthly Outing.* Enquiries please contact Barbara on 9476 1947
	20	*Monday Movie* in the Cottage. Enquires Monika on 9476 3161 ext 2.
NOVEMBER	**1**	Annual General Meeting
	10	*Monthly Outing.* Enquiries please contact Barbara on 9476 1947.

Residents and visitors are invited to attend talks, presentations and selected events in the Hostel lounge room. A memo will be circulated to residents of short-notice events. Some events are held in The Cottage. Please contact Monika on 9476 3161 ext 2 beforehand to confirm venue, times and dates as changes occur unexpectedly.

REGULAR EVENTS IN THE COTTAGE
Bridge For enquiries, contact Monika.
First Class is held from February to November on the third Sunday of every month.
Board Meetings are held on the third Monday of each month.
Self Care Residents' Meetings are held every two months on a Thursday.
Footbath/Leg Massage Therapy is fortnightly on Fridays in the Hostel.

North American Whitsun rose

North American spring flowers and plants