



NEWSLETTER No 4 Summer 2012



CHRISTOPHORUS HOUSE
retirement village

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Editor's Letter

Dear Members and Friends

Another year is coming to an end and the New Year dawns – is there really a difference, a fine line between the two, a “here” and “there”? In my mind there isn't but society demands this distinction so that we get caught up in a commercial world of glitz, buying frenzy and rush! Where is the real meaning in it all? As I reflect upon the year's happenings, there is much to appreciate, such as the many wonderful meetings with people here at Christophorus House. They have become friends. We farewell our long time friends Mr Richard Harding and Mrs Veronica Grace who crossed the threshold this year. I feel enriched

with having met these individuals.

They have shared with me the richness of their lives and the memories of how life has shaped them, who they finally became. The stories are hard – but they are real, genuine. Lines have etched their souls and faces, visible for all to see. The light shining from their eyes is soft, genuine and warm. Meeting the light and warmth of a fellow human being is a Christ-mas experience. I wish you all many wonderful meetings with family and friends this Christmas and may peace accompany you through the coming year.

Monika Bebb

Self Care Liaison Co-ordinator

Maintenance Matters



Christmas is almost here and what a year it's been! As of late, we had the delivery of a new site shed which will act as storage for

house the archives as well as being the new Maintenance Office for Jason and me. Unit 8 has since undergone renovations in readiness for the new resident who moved into the unit in mid November. Some major repairs have been done to the driveway which had potholes so as

to take away any trip hazards. With summer upon us, the gardens have come into bloom and the main lawn has been thriving under Jason's caring green thumbs! I want to remind residents to keep an eye on their gardens and surrounding lawns and water their area especially when it's hot and dry. That way, the gardens remain lush and cool as the summer months progress. On a personal note, I'm excited to announce that my partner Ami and I are expecting a baby which is due in early April next year!

Hayden Ibbett

Maintenance Supervisor



Christophorus House Retirement Village

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Office Hours: 9am to 5pm, Monday to Friday

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

Patron: Dr h.c. Karl Kaltenbach; **Board Members:** Chairman Robert Allerdice, Mary Arndell, Graham Long, Sune Nielsen, John Kingsland, Madeleine Pathe, John Shaw; **CEO:** Milan Telford;

Acting Hostel Manager: Vik Sonea; **Self Care Liaison Officer:** 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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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



Well, I had almost forgotten that it was Christmas; after all, the commercial retail sector were already in full swing with Christmas decorations and gifts for sale, straight after that other commercial sale fest called father's day. So having been bombarded with Christmas for so long, one becomes desensitised for it by all the commercialism.

There is a disharmony between that feeling of soul that we would like to remember at Christmas and what goes on around us in our environment. Rudolf Steiner wrote that 'modern man has disaccustomed himself to be sensitive to all the depth and intimacy connected to the Christmas festival.' 'His habits prevent him from perceiving this greatness any longer, a greatness to which humanity had become accustomed in the course of centuries. What has become often a mere festival of gifts cannot be said to have the same meaning as what the Christmas festival meant to people for many centuries in the past.' Through the celebration of this festival, the souls used to blossom forth with hope-filled

joy, with hope-borne certainty, and with the awareness of belonging to a spiritual Being, Who descended from spiritual heights, and united Himself with the earth, so that every human soul of good will, may share in His powers and be gathered together in the service of this spiritual power. Thereby to also find together, the right ways of life on earth, so that they can mean humanly, as much as possible to one another, so that they can love each other as human beings on earth as much as possible.'

What should the Christmas festival become in the future? Rudolf Steiner writes: '...in the course of time, humanity must evolve, because what is most intimate, what is greatest and most significant at one time, cannot remain so in the same way for all times. Only an enemy of evolution would want to drag what was great in one time over into other times. Each period of time has its own special mission. In each period we must learn how to enliven in ever new ways what should enter the souls and hearts of man. The real Christmas mood of bygone days can in our time only be appreciated if the mood is seen as a historic memory, a thing of the past. Despite the fact that modern conveyances rush past us when we step outdoors - nevertheless men of today must have a chance to find again the divine-spiritual world, precisely by an ever stronger and more

meaningful deepening of the soul.'

'How this is achieved is by way of coming to a spiritual understanding of the Christ impulse, and in this way we progress from a material attitude which has entered and taken hold of all minds and hearts, towards a spiritual attitude. For, that renewal, which is necessary to counterbalance today's prosaic ways of life, can only be born out of the spirit'. And where can be found today, such spirit knowledge? in Rudolf Steiner's Anthroposophy.

This is a strong Christmas message, one that may not sit comfortably with many. Christophorus House has many religious creeds living amongst its community members; it is good to recognise from time to time however, that it was founded through the impulse of members of the Anthroposophical Society and members of 'The Christian Community', and it is right, at this time of the year, to acknowledge that both the Society and the Church have much to say on matters spiritual.

I wish you peace and a genuine Christ enlivening, a genuine Christmas mood this Christmas.

Milan Telford





Summer

*We welcome summer and
the glorious blessing of light.
We are rich with light; we are loved by the sun.
Let us empty our hearts into the brilliance.
Let us pour our darkness into the glorious,
forgiving light.
For this loving abundance, let us give thanks
and offer our joy.*

Summer time Australian Christmas Trees

The Australian Christmas Tree (*Nuytsia floribunda*) with its yellow/orange flowers is a parasitic tree of the mistletoe family (*Loranthaceae*) native to Western Australia. It flowers at Christmas time during the Australia summer.
[www.flickr.com/photos/subiyurek/1421903699/?q=summer in australia](http://www.flickr.com/photos/subiyurek/1421903699/?q=summer+in+australia)

There is a baby called leila Walsh



*There is a baby called Leila Walsh
She's looked after by her mother Sarah
Who's a first class carer.
Sarah isn't posh – she works for Macca's
and isn't crackers!
Leila is one of God's children
She can count to 5 and she's not even 5.
She'll be 2 in September –
by gosh, by golly, by gee,
She's the cutest child you ever did see!*

Poem by Rosa McTiernan

Softly on delicate feet

*Softly on delicate feet it approaches,
Before sleep like a fluttering:
Listen, oh soul, to my counsel,
Let luck and comfort smile on you -:
Those bound to you in love,
Will always remain near you,
Truly entwined with you they will*

*Encircle you with small and large orbits.
They will rely on you
Unrelated, like you to them,
And awakened to beholding
You will in emulation serve them!*

Christian Morgenstern

"When the sun towards Christmas time gathers ever increasing power for the earth, this is the action in the physical earthly sphere, exhibited rhythmically in the cycle of the year and is an expression of the spirit in nature. The evolution of mankind is one unique part in a gigantic world-year. In this world-year is World-Christmas, the "Holy Night", when the sun does not merely act on the earth through the Spirit of nature but when the soul of the sun, the Christ Spirit, comes down from above into the earth. As in each single human being, that which one realises individually in one's own life is connected with a cosmic memory, so the yearly Christmas will be felt in its truth by the human soul, if the cosmic heavenly Christ-Event is thought of as working on continually and conceived not merely as a human but a cosmic recollection. At Christmas time, both man and the cosmos together celebrate in remembrance the descent of the Christ."

**Rudolf Steiner
To the Members, 1930**

News from the Hostel

Report by Kathy Gasper, Diversional Therapist

September

With spring "sprung," it was very fitting that September should see us hosting Dr Raimund Pohl presenting an extremely interesting talk



about the flora and fauna of the Northern Territory. Many residents enjoyed revisiting this beautiful part of Australia via the photos and information given by Raimund and we will certainly be inviting him back next year. September is also the month when we honour the men in our Hostel via Father's Day. Vicki made some special and touching gifts to help celebrate and I know that these were well received. We also made the trip back to Epping Boys High along with residents from self care to be entertained by the talented students from that high school. Adriana von Runic also gave a thrilling concert playing her flute at the end of the month. If you look at the monthly leisure schedule you will see that one Sunday a month we have some very special visitors come along. In September our regular pet therapy visit was augmented by some special rescue dogs which made this enjoyable activity even more delightful. Helen Wardrop celebrated her birthday this month.

October

Chinese take away has been a fixture on many a home menu in Aussie homes and to coincide with China National Day on the 10th October Marco, the chef who stepped into

Anthony's shoes whilst he was on holidays, cooked up a most wonderful Chinese banquet for lunch. Nickolai Dyumin the violinist who was unable to play back in August also came back for a truly magical concert, with many residents saying that his very high tech violin produced some wonderful music. We have also added mini golf to



our leisure schedule to take advantage of a woodworking project that has been quite a while in the making. Many thanks to Hayden for helping to bring this to fruition.

November

To say that November started with a bang would be a complete understatement if the feedback from our Melbourne Cup function is anything to go by! I know that Vicki worked very hard to make fascinators and ties as well as special games and run well patronised sweeps. Complete with a chicken and coleslaw lunch, drinks and nibbles one resident said



that it was the best Melbourne Cup ever. With Walter taking holidays for the first part of November, bus outings were scarce however this has

allowed for some truly wonderful Christmas craft creations to be made with a great deal of enthusiasm shown by all residents involved. I'm looking



forward to seeing these decorations being put up around the Hostel. We again took advantage of the hospitality at Asquith Boys Barista program and enjoyed a wonderful morning tea and piano music, along with some residents from a Cherrybrook retirement village. November is the biggest birthday month as we celebrated birthdays for Elsie Blair, Martin Hieke, Rosa McTiernan, and Harold Bolton.

As I look back on the past year it is pleasing to see how our leisure program has grown and evolved. From providing hostel residents the opportunity to go shopping once a month, reintroducing carpet bowls, word games becoming so popular that they are held every Friday and the variety of concerts and talks that have been presented this year with the help of Monika Bebb. I am looking forward to 2013 and being able to work with such dedicated co-workers.



Smile to Your Heart Meditation

Your heart is your centre of feeling and love, and represents who you truly are. By contrast, your head is the centre of thinking and the centre of ego. Understanding that your heart is the centre of feeling and where you experience real happiness is so important for your quality of life. By listening to your heart you can utilise your heart's spiritual intelligence, which guides you to make wise choices, thereby supporting you to be happy on all levels of life.

Steps to open and listen to your heart

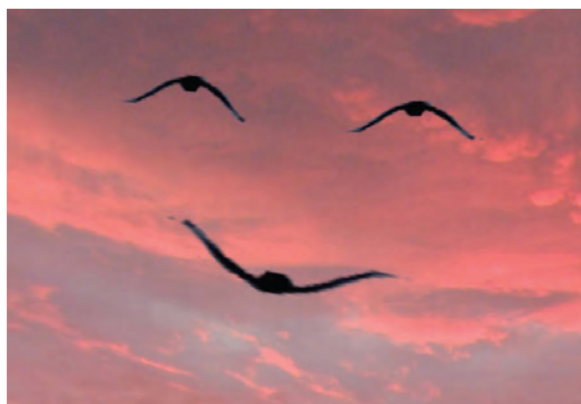
Opening your heart requires no special talent, effort or ability. Anyone can do it by following some simple exercises that take a few minutes:

Step 1: Relax your whole body

Find a quiet place to sit. You can sit in a chair with your feet firmly on the floor or sit cross-legged on the floor, whichever is more relaxing and comfortable. Sit with your back and spine straight, without forcing or straining yourself. Your head should be looking forward and slightly upwards, as it is hard to feel your heart if your head is drooping down and this also helps prevent sleepiness.

Step 2: Close your eyes and smile freely

Closing your eyes helps reduce the domination of your brain and helps you relax more easily. Scientifically speaking, it is known that when we open our eyes, they send signals to our brain to



process the images, and this makes our brain work hard. Put aside all thoughts from the day and just be here and now doing this exercise. Smile freely. Smiling is necessary so that you can begin to follow the nice feelings that arise from your heart.

Step 3: Touch your heart and smile to your heart

Touch your heart at the centre of your chest with one or two fingers to bring your awareness there. Smile to your heart without thinking how. Your smile should be natural and happy as if you are meeting a close friend. The best attitude is to not expect anything. If you are too busy wanting or expecting too much then you are busy with your brain and thinking. Instead you should be relaxing and enjoying the feelings that naturally arise from your heart.

Step 4: Stay relaxed and follow your feeling

Stay relaxed and continue to smile freely to your

heart for several minutes. After a while you may feel some expansion and a light and calm feeling. Follow the feeling, even if it is very gentle, or you can feel it only a little. By following the feeling without any effort your heart and feelings grow stronger and you are able to enjoy the nice feeling from your heart more. Stay relaxed and keep smiling to your heart for about five minutes. If you do not feel anything, then the problem is with one of these three key points – you may not be relaxed enough, or smiling freely enough, or you may be busy

looking for sensations, causing your brain to work excessively. Be aware of what you can improve and repeat the exercise.

This article is based upon the book by Irmansyah Effendi, *Smile to Your Heart Meditations*. This bestselling Indonesian author has created a joyful, practical and universal “user’s guide” for the spiritual heart. *Smile To Your Heart Meditations: Simple Practices for Peace, Health, and Spiritual Growth* introduces readers to their spiritual hearts and shares simple yet effective techniques to easily and continually connect to the Source of peace, calmness and joy within.

Reference: <http://www.livingnow.com.au/advertise/articles/20-issues/4659-why-open-your-heart.html>

WORK HEALTH AND SAFETY CORNER (WH&S) by M Telford CEO

Risk Assessment Processes are part of the WH&S landscape. Recently we had a portable office for our Maintenance Supervisor transported onto the site and installed on the front lawn of our property facing Christophorus House. This necessitated quite a number of documents, such as safe working procedures, to be obtained from the transport company and the company that we are renting the portable from, re installation. One document that was necessary to complete was a ‘risk assessment’. Hence a risk

assessment may be initiated on the basis of a new project, a new work procedure, or something that may be going on out of the ordinary. A Risk Assessment can also be initiated when an incident occurs, such as for example, a resident falls, or when a resident, visitor, or staff member



brings a work, health or safety issue to the attention of management. In each case, the risk assessment will look at what is ‘reasonably practicable’ to do in the circumstances.

There is one further form of risk assessment and that is to do with risk assessment at the strategic level and looking at scenarios where there may be a risk to the organisation as a whole, in the event of a trigger occurrence - such as for example, losing a large number of residents from residency within a

short period of time, and what this would mean to the Village financially. The Work Cover Authority has issued several Codes of Practice as to how to manage risk, with the most relevant one on the subject being ‘How to manage Work Health and Safety Risks- December 2011’.

It started with Australia Post



In September 2012, there was an issue of stamps on the explorers in Australia, including Blaxland, Wentworth and Lawson. It prompted me to mention to my study group that Gregory Blaxland is an ancestor of mine. So you can blame Australia Post for the following musings! In Gregory Blaxland's "Journal of a Tour of Discovery across the Blue Mountains, New South Wales, in the Year 1813", he mentions it was his third attempt and that though he could never have succeeded without his companions – Wentworth aged 19 years and Lawson aged 43 years, Gregory Blaxland being 35 years – he dedicated his journal to his uncle John Oxley Parker of Chelmsford, Essex (in England) "with feelings of gratitude" for his uncle's kind attention to him in the early part of his life.

The expedition achieved success by adopting the novel method of traversing the mountains by the ridges instead of looking for a route through the valleys. Gregory later said of the crossing 'it has changed the aspect of the Colony from a confined, insulated track of land to a rich and extensive continent'.

The family of Blaxland is of great antiquity. In the 6th century, a John Blaxland (or Blakyslond, de Blakeslande or de Bloekisland as the name has been written at different periods of history), was present at the baptism of King Ethelbert and Queen Bertha, who were the first English King and Queen to convert to Christianity. This took place on Whit Sunday 597 and in their presence he presented St Augustine of Canterbury with a grant of land on which was built St Augustine's Abbey. One of my Blaxland ancestors went crusading with Richard Coeur de Lion and another captain of the guard in the time of Elizabeth I. In 1730, a John Blaxland was granted a crest of an eagle with two heads.

a property out of Canterbury, England called Newington. They had four sons and two daughters. The oldest son was named John and the youngest was named Gregory. After a long consideration and upon the advice of their friends Lord Castlereagh, Lord Sydney and Sir Joseph Banks, John and Gregory decided to immigrate to New South Wales. They were promised certain grants of land on condition they each invested £6,000 in the Colony.

Gregory left his elder brother John to sell their estates in Kent and sailed in the William Pitt on 1st September 1805. He was accompanied by his wife Elizabeth and their three children, two servants, and an overseer. They arrived in Sydney in 1806. He also took some sheep, seed, bees, tools, groceries and clothing. When he reached Sydney, he sold many of these items and bought 80 head of cattle so as to enter the meat trade, located 4000 acres (1619 hectares) of land and was promised 40 convict servants. John arrived in Sydney one year after Gregory in 1807. Gregory and Elizabeth eventually had five sons and two daughters. His life was that of a responsible land owner supplying meat, wheat, butter and vegetables to the government stores. He joined the Agricultural Society, was a Justice of the Peace and acted as foreman of a Grand Jury at the Sydney Quarter Sessions in 1825.

In 1807, one year after arriving in Sydney, Gregory bought the 450 acre (180 hectares) Brush Farm Estate from D'Arcy Wentworth. He built a house on the estate in 1820. This still stands on almost 1 hectare (2 ½ acres) at the corner of Lawson Street and Marsden Road, Eastwood. It is one of Australia's oldest houses and is also one of the most substantial surviv-

In the 18th century, a John and Mary Blaxland lived on

ing from the Macquarie period. It has been used for various purposes over the years and its condition has greatly deteriorated. It has now been fully restored and is heritage listed. Unfortunately, Gregory's wife Elizabeth died just six years after the house was built.

In Australia, Gregory Blaxland is best known for his discovery of a way through the Blue Mountains. Internationally, however, he gained greater recognition for his attempts at viticulture at the Brush Farm Estate. In 1822, he took 30 gallons (35 litres) of his wine to London and was awarded a silver medal by the Society for the Encouragement of Trade, Manufacturing and Commerce. He took a second sample in 1828 which received the Society's Gold Ceres Medal, which is now held in the Mitchell Library. It is surprising that Gregory Blaxland is not more widely recognised as the true founder of the wine industry in Australia; others had attempted viticulture but Gregory was the first to achieve success. It is also not generally known that Gregory and his brother John are the real founders of the cattle industry in Australia.

After Sydney and Parramatta, Ryde was the third area which was settled in the Colony. In about 1841 in Ryde, Gregory's son John built a house on a hill among tall gum trees and with a magnificent view over the Parramatta valley. It was named "The Hermitage" and it stood on 50 acres (20 hectares). After John and his wife Elizabeth died, The Hermitage was subdivided in 1905 and sold. It still stands on approximately 1 hectare at 338 Blaxland Road. It has had a number of owners over the years including the CSIRO who made major alterations and additions which were quite out of character with the original building. The CSIRO moved out in 1996. The building is now heritage listed and has undergone extensive restorations.

My grandfather, Walter, the third son of John and Elizabeth, was born in The Hermitage and grew up there.

Margaret Tiney

CALENDAR of EVENTS

| Month | Day | Event |
|---------------|-----|--|
| DECEMBER | 5 | Combined Hostel and Self Care Christmas lunch – in the Hostel dining room RSVP by Wednesday, 28th November. |
| | 8 | At 9.30am, Reverend Lisa Devine of the Christian Community will be holding the service of the <i>Act of Consecration of Man</i> in the Cottage. All welcome. Please be seated by 8.50am. |
| | 11 | Carols by Candlelight will take place in the Hostel lounge/Evelyn Latter Room at 6.30pm to 7.30pm. Supper will be available afterwards. Please RSVP by Thursday 6th December. |
| | 12 | Extended Shopping day for residents. Bus leaves the Village at 10.30am, returning at 12noon, 12.30 and 3pm. |
| | 19 | Extended Shopping day for residents. Bus leaves the Village at 10.30am, returning at 12noon, 12.30 and 3pm. |
| Office hours: | | Office hours during the Christmas season: Closed Monday 24th December to Friday 28th December Closed Monday 31st December, closed Tuesday 1st January, Open Wednesday 2nd January 2013 |
| 2013 | | There will be no activities in January. |
| FEBRUARY | 12 | I remember when... The Talespinners storytellers with Christine and Sue who will weave stories around the ordinary, familiar and everyday memories long forgotten – at 2.30pm in the Hostel lounge room. Please come at 2pm for afternoon tea. \$5.00 donation. |
| | 19 | The Life of Bees – Bob Davis, local beekeeper will speak about his experiences with beekeeping at 2.30pm in the Hostel lounge room. Please come at 2pm for afternoon tea. \$5.00 donation. |

The above events are held in The Cottage unless otherwise indicated. 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 taking place in the Hostel lounge on Mondays. For enquiries, contact Monika.

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.

Social Group Meetings are held twice yearly.

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

