



NEWSLETTER
autumn/winter 09

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Dear Members and Friends

It's already been four months since our last Newsletter and what a busy time it's been! We've hosted many lovely events here in the Cottage: a group of 9 players from the Sydney Lyre Ensemble performed a wonderful program of ancient and contemporary music, Jonas the Magician had us wondering "how did he do that?" with his magic show, Peter Christian spoke on his family history and connection with The First Fleet, a talk by Rai Pohl gave us an idea of "How the Earth Was Formed", Easter Monday was celebrated with a beautiful program of poetry, a story and a selection of piano pieces and, of course, the evergreen Wesley Singers sang a selection of favourite songs accompanied by the piano. And of course it's always lovely when some of the Hostel residents join in. Featured in this Newsletter are articles and photos on some these events. If you have missed anything, we have a selection of DVD's available to see. Please feel free to contact me for a copy. If you have any suggestions for an event or concert, let me know, and if you would like to be notified of an upcoming event, you can call me on 9476 3161 ext 111 or email mbebb@christophorus-house.com.au and I shall put you on the mailing list.

Autumn and the passing of Easter have brought colder mornings and evenings and the garden has responded. Over the months, Jason has been busy planting a variety of edibles such as tomatoes and parsley. And so many wonderful changes delight the senses along the paths as one strolls around. So, rug up and explore for yourselves! You may meet one of our new residents: Carol and her dog Grommit (who is very friendly) in Unit 15, along the way. Also, Bob and Joyce

have moved to Unit 6 and they are happily settling into their home and getting used to everything. One more new "resident" is 10 year old Susie, a black poodle who has previously lived with her owner in Queensland. Good wishes, Molly, with your new live-in companion! And Abbie has been a worry for Elizabeth and Bill as she's been unwell lately with many visits to the vet. Our thoughts are with them and trust that Abbie's health returns soon. We also look forward to Louise's speedy recovery and return to her unit. Our thoughts are with her, too.

I have been enjoying keeping warm and busy here in the Cottage these days. There is always lots to keep me busy, such as preparing for meetings, getting the room ready for functions, taking residents shopping on Wednesday mornings, just to name a few. There doesn't seem to be enough time to attend to some tasks such as shredding but we have been greatly helped by our friend and resident, Arthur, from Unit 23. Arthur has given much of his time to help us with some of those jobs we just don't seem to ever get round to doing! So, a big thank you, Arthur! I am very grateful to Rose-Marie for her special touch when selecting and arranging flowers for an event. They are really lovely and everyone always comments on them! Thank you, Rose-Marie! And lastly, we congratulate both Liz and Jason who have become new parents. Welcome to the world, Thomas!



Monika Bebb
Self Care Liaison Co-Ordinator

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CEO: Milan Telford
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Self Care Maintenance: Hayden Ibbett

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 Christophorus House is a Not-for-Profit organisation and has operated since 1984.
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 If you have some information, an event or an item for publication in our newsletter, please contact Monika on (02)9476 3161 ext 111 or mbebb@christophorus-house.com.au

Message from the CEO



Much has been spoken of and written about the global financial crisis (GFC); the tsunami of Wall street, the beginning of the rethink of modern capitalistic systems, the bursting of the 'bubble'; and as one contemplates all that is proffered on this subject, one gets a distinct impression that no-one really knows what it all means. Many hope that things will get 'back to normal' the way they were, and others believe that from the impending chaos to come, something new (and hopefully better) will arise. Whilst talk thus far has been mostly about the failing housing market and mortgage backed securities (MBS's), the real problem now appears to be emerging,, that of non-backed derivatives (trillions of dollars of worthless paper), which are real 'toxic debts'; and the world is heading for recession / depression, with unemployment levels rising globally. CHR V is a small community in the midst of this worldwide storm. How does the GFC affect us? In the past 12 months we have seen interest rates hitting record levels. This affects our income stream and from the highs of 2008, we are now experiencing a loss of interest revenue of around \$17,000 to \$20,000 per month. This being said, CHR V is now anticipating lower operating surpluses for 2008/09 which will be in the vicinity of 2005/06 levels. With ACFI (the new funding instrument) the full impact of this on Hostels will not be felt for another two to three years; ACFI shifting the funding away from low and medium care residents. However the impact has already begun, with new low care residents returning between 2 cents and \$7.50 per day in government subsidy.

CHR V cannot directly admit high care, although with 'ageing in place' low care residents can remain in occupation as their care needs increase; high care being where the funding is. CHR V is a 'quiet' achiever; we have grown 'organically' over 25 years, that is, development has occurred as and when the time has been ripe. I recently attended an Aged Care Conference where I heard the CEO of one of the larger aged care facilities talking about their corporate goal to be one of the 'Big 4' in the aged care industry (similar to the Coles and Woolworths phenomena, or the 'Big 4' bank phenomena). This 'race' to grow and dominate in the aged care industry, which has seen huge leveraging (debt borrowings) by large industry players to expand dwelling stock, has led to at least one aged care corporate giant going into liquidation – that of Babcock and Brown – with others following closely behind. Aged care has suddenly become 'big business' with a race for profits, and 'squeezing' residents to extract even further dollars for the bottom line. CHR V can pride itself that its corporate vision is based on a Mission Statement that preserves its founder's (Helga Forster) intentions; to provide a service of care for the elderly according to the understanding of the human being as enunciated by Dr Rudolf Steiner's teachings in the body of knowledge known as Anthroposophy. No-where in CHR V documents will one find the 'greed' motive to maximise profits – the very same practice motive that has led to the GFC.

In the course of the last few months, Antonio Marques, resigned his position on the Board. Antonio, who served for over three years, was a valued member of the Board, taking on the responsibility for co-ordinating the Strategic Planning. In his time on the Board, Antonio made an exceptionally valuable contribution to the organisation in many facets, from strategic planning to upholding in the highest sense the Anthroposophical ethos. Antonio's departure is a sad loss for CHR V.

We welcome John Kingsland on to our Board. John comes to us with experience of serving on the Inala

Board for many years. There is a short biography elsewhere in this Newsletter. In mid 2008, residents received a covering letter from the Chairman and an attachment, highlighting the results from the 'resident survey' which was undertaken in February 2008. It is intended that a 'resident survey' be conducted annually. From the last survey, the following matters have been addressed thus far:

Whilst there may never be enough car parking, an additional two spaces were created at the back of the second front cottage. Along with this, one space was made for self care at the southern end of the hostel and a further 'pick up / drop off point' is planned on the opposite side of the grassed area at the southern end of the Hostel.

- The building of community as between the Hostel and Self Care residents is an on-going process and will continue into the future, with combined resident activities planned (such as the combined barbecues of some years ago) and the possibility of access to services on a user-pay basis by Self Care residents from the Hostel.
- The meals menu is scrutinised on a periodic basis and the variety is always subject to ongoing assessment by dieticians.
- Information dissemination to Self Care residents on matters of a general nature in the Village, such as staff changes, tradesman working etc, is undertaken through the Self Care residents meetings with the CEO and / or via memo advice in mail boxes.
- The Lift project in the Hostel commenced in March and the contract completion date is 3rd August 2009.
- Regular gutter cleaning is underway and these were cleaned in February. The gardener has been given extra time for special projects.
- CHR V is working towards full 'ageing in place'; keeping residents who are high care, for a wider range of high care reasons.

On June 20th, we will be paying tribute to our life members with a celebration at CHR V commencing at 1.00pm. Invitations will be sent out, but there is an open invitation for friends of CHR V to attend; you are all most welcome.

Milan Telford

News from the Hostel

So far this year, our residents have enjoyed a number of activities. Music with Rowland is an old favourite, and pet therapy continues to be a great attraction. The morning exercise group has been concentrating quite a bit on weights to help strengthen bones and balance. The rate of falls for January, February and March has remained low each month which is very encouraging.

We have had a number of bus trips, often including the popular walks around Brooklyn Point. In March, residents enjoyed a sumptuous three course meal at the beautifully refurbished Mooney Mooney Club which has spectacular views over the Hawkesbury River. In April, residents had lunch at the Mangrove Mountain Gold Club which also has a beautiful view over the valley and out to the ocean. They had morning tea at Somersby at Edwina's home where they were able to walk in the extensive garden and see the orchard and cows.

While looking at the pottery, Angus revealed that he had done pottery at East Sydney in the past and was keen to try his hands at the pottery wheel again! So two days later, both Angus and Bill used the wheel that we have at the Hostel and Bill made his first ever

pot! (We are now aiming for a possible special project to make a Flow Form.)

On 20th February, many Hostel residents, Self Care residents and friends gathered for afternoon tea to farewell Betty Ainsworth. Christophorus House had been her home for nearly six. She has now settled in at a local nursing home.

On Saturday, 28th March, the Sydney Lyre ensemble came and performed in the Cottage and also in the Hostel. Residents and friends enjoyed a delicious afternoon tea in the sunny courtyard of the Hostel before the concert.

We also greatly enjoyed having the "Cheers" choir come and sing to us on Friday, 3rd April.

Residents continue to have therapeutic treatments with foot and leg massage with Ian Wallace (see Ian's article in this newsletter.)

Our dining room tables have been livened up with decorative table mats made by residents from pictures they have chosen.

Edwina Stewart

The "Word"

By Byron B

*Long ago, it happened then,
No one knows exactly when,
Of need, the world became aware,
To find a word that all could share;
Very hard the people tried,
With no success grew sad and tired,
Eventually, Mother Nature spoke:
"Try love," she said,
The world awoke!
With love came feelings and
thought for others,
The realisation ...
we're sisters and brothers!
A wond'rous happening had
really occurred,
The joy of finding a magical word.*



On Saturday, 28th March, residents and friends of Christophorus House came to hear the Sydney Lyre Ensemble perform a wonderful program of classic and contemporary works on the lyre. Coral Paterson introduced us to this wonderful instrument. A DVD is available for viewing and Monika can be contacted on (02) 9476 3161 ext 111 if you missed this pre-Easter event.

Shake a leg

Has it been that long? In July 2007, we commenced footbath with feet and calves massage at Christophorus House. The trial period proved successful, so we continued in pampering these largely unrecognised and faithful appendages that we rely on so much. I have learned from our wonderful group of

devoted footbath recipients that "good shoes are definitely the way to prolong good feet life, **for life.**" Circulation and general feet stimulation reflects back into our whole bodies is the feedback I have



received over the years from many grateful recipients! Regular small doses of massage certainly seems beneficial to overall wellbeing.

Ian Wallace
Ethereic Massage therapist

The Formation of the Earth

Recently in March, Dr Raimund Pohl gave a most interesting talk on "**The Formation of the Earth**". He preceded the talk with the most beautiful pictures of outer space taken by the Hubble space telescope then continued by saying that scientists have a theory now that there was a universe before the *Big Bang*, but they don't know how the *Big Bang* occurred, so it is all conjecture. He also said that the sun will get larger and eventually swallow the earth up: this is a long time ahead, thankfully!



In space, there are huge dust clouds and he showed pictures of these most beautiful formations. The Moon has many trace elements in the rocks that are close to those found on Earth.

He also showed diagrams of cross sections of the Earth. The centre of our Earth is a spinning, fiery core of melted heavy metals, mostly iron. The continental crust is about 30kms thick and consists mainly of igneous rocks. Some of these are

3.8 billion years old. About 2.5 billion years ago, most of the earth was covered with water with only a few land masses. Oxygen was not released into the atmosphere until about 2 billion years ago. Volcanic movement and convection caused surfaces in the upper mantle to trigger tectonic movement and this is what has given rise to the continents we know today.

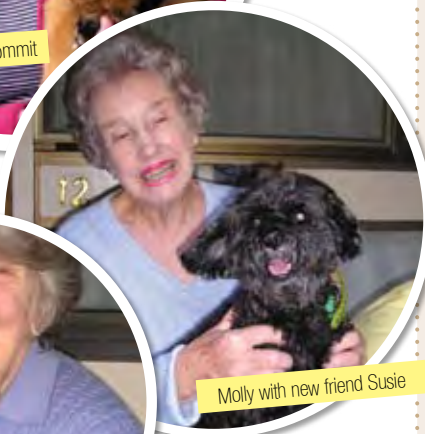
I don't have a scientific education so all this information was mind-boggling for me. I came away wondering how scientists are able to tell that these events happened billions of years ago. I came away marvelling at this wonderful planet on which we live!

Pam Thomas

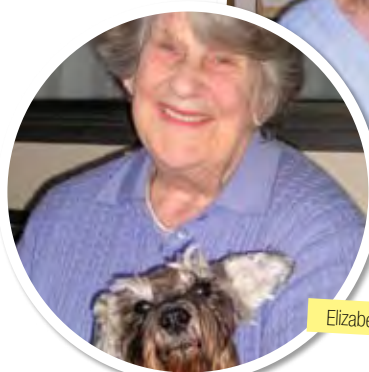
Residents with *pets*



New resident Carol with Grommit



Molly with new friend Susie



Elizabeth with Abbie

Mushrooms

By Sylvia Plath

*Overnight, very
Whitely, discreetly,
Very quietly
Our toes, our noses
Take hold on the loam,
Acquire the air.*

*Nobody sees us,
Stops us, betrays us;
The small grains make room.*

*Soft fists insist on
Heaving the needles,
The leafy bedding,
Even the paving.
Our hammers, our rams,
Earless and eyeless,
Perfectly voiceless,
Widen the crannies,
Shoulder through holes. We
Diet on water,*

*On crumbs of shadow,
Bland-mannered, asking
Little or nothing.
So many of us!
So many of us!*

*We are shelves, we are
Tables, we are meek,
We are edible,*

*Nudgers and shovers
In spite of ourselves.
Our kind multiplies:*

*We shall by
morning
Inherit the
earth.
Our foot's in
the door.*



In the early hours of one morning, Richard discovers the secret life of the emerging mushrooms! They were not far from his unit, hidden among and around the leaves, unnoticed by passers-by... where did they spring from? What made them suddenly 'pop up'?

The Retirement Villages Amendment Act 2008

This legislation regulates the retirement village industry in New South Wales and after taking five years to get to the Legislative Council, it was finally dealt with in the early hours of Thursday, 4th December 2008.

We now have a Retirement Villages Amendment Act 2008, although it has not been proclaimed. This means it is not yet law and the 1999 Act remains operational. The proclamation will prob-

ably take place after new regulations, currently being drafted by the Office of Fair Trading, have been approved by Parliament. Parliament cannot debate the Regulations, it can only approve or reject them. In drafting the new regulations, the Office of Fair Trading is consulting with representatives from the Retirement Village Residents Association and the Retirement Village Association (representing the operators/owners).

The new Act introduces a package of reforms to retirement village laws, not all in favour of residents. A summary of the reforms has been obtained from the Office of Fair Trading and is available to interested residents. Please call us on (02) 4746 3161 ext 111 for a copy.

Barbara Harding
Chairperson – Residents Committee

Sydney Biodynamics visits Christophorus House

What a joy it is to again visit Christophorus House to organise and participate in the distribution of the biodynamic preparations to help nourish the soil in the grounds where residents and hostel clients live. Friday, 27th March was no exception: a beautiful summer's day, under the trees, meeting old friends again and new ones as well. Evelyn, who

has supported biodynamics for many years, has stories to tell of friendships with Bob Williams, the founder of the movement in Australia, and who was a close neighbour; Arthur, who was so help-



Placing cow horns with manure into the ground (not at Christophorus House!)

ful in the distribution after an hour's stirring; Betty, a regular helper on our spring and autumn visits; Lesley, a continual support – and many others. Those residents from the hostel, with their carers, gave added substance to our work together.

Louise and her three delightful children always give an

added lift to the occasion and one can observe and follow the progress of their unfolding lives. They hop amongst Jason's tomatoes picking, eating and chattering and bring life and warmth to his

beautiful and diligent gardening efforts, chemical-free and tended with such care.

Of course, the whole afternoon would not be complete without Monika's afternoon teas and her guiding, insightful hand in shaping and organising the event. How wonderful that hostel residents have fresh tomatoes and parsley (in great abundance late February) to add to their menu. Many thanks to Milan for guaranteeing a positive overview for this most important work in nourishing the soil at the Village but also by alleviating climate change from the use of the biodynamic preparations. We look forward to visiting again on Thursday, 16th April.

Diane Watkin & Ian Wallace
Biodynamics Sydney Inc.

'If I had my life over'

By Belinda Emmett

(written after she found out she was dying from cancer)

I would have gone to bed when I was sick instead of pretending the Earth would go into a holding pattern if I weren't there for a day...

I would have burned the pink candle sculpted into a rose before it melted in storage....

I would have talked less and listened more.....

I would have invited friends over to dinner even if the carpet was stained or the sofa faded...

I would have eaten popcorn in the 'good' living room and worried much less about the dirt when someone wanted to light a fire in the fireplace...

I would have taken the time to listen to my grandfather ramble about his youth...

I would have shared more of the responsibility carried by my husband...

I would never have insisted the car windows be rolled up on a summer day because my hair had just been teased and sprayed...

I would have sat on the lawn with my grass stains...

I would have cried and laughed less while watching television and more while watching life...

I would never have bought anything just because it was practical, wouldn't show soil or was guaranteed to last a lifetime...

Beautiful Women's Month

Age 3 - She looks at herself and sees a Queen

Age 8 - She looks at herself and sees Cinderella

Age 15 - She looks at herself and sees an Ugly Sister ('Mum, I can't go to school looking like this!')

Age 20 - She looks at herself and sees 'too fat / too thin / too short / too tall / too straight / too curly' - but decides she's going out anyway

Age 30 - She looks at herself and sees 'too fat / too thin / too short / too tall / too straight / too curly' - but decides she doesn't have time to fix it, so she's going out anyway

Age 40 - She looks at herself and sees 'clean' and goes out anyway

Age 50 - She looks at herself and sees 'I am' and goes wherever she wants to

Age 60 - She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore - goes out and conquers the world

Age 70 - She looks at herself and sees wisdom, laughter and ability and goes out to enjoy life

Age 80 - Doesn't even bother to look - just puts on a purple hat and goes out to have fun with the world

Maybe we should put on that purple hat earlier...

In honor of Beautiful Women's Month and in memory of Belinda Emmett who lost her fight with cancer:

IN MEMORIAM: *Eva Susanne Kulka* (1919 - 2009)

Eva Kulka moved into Self Care at Christophorus House in 2000 and then later into the Hostel before leaving to move to Byron Bay nearer her family. It was there that she crossed the threshold on 8th January 2009, just short of her 90th birthday. Here is an extract from the poetry book Eva published in 2003 giving, in her own words, her life story:

It was here also that Eva met the Christian Community and Adam Bittleston, whom many know from his book of Meditative Verses. Eva was baptised as an adult and throughout her life deepened her Anthroposophical studies and connection with the Christian Community.

In 1990, Eva returned to Australia and her Pennant Hills home became a centre for the arts. Cordelia, an extract from Shakespeare's play *King Lear*, was performed in Eva's back garden as the theatre. This was also a

Extract from
The Fourth King
by Henry van Dyk

*The enlightened are never idolators.
They lift the veil of the form
And go into the shrine of reality
And new light and truth
Are coming to them continually
Through the old symbols.*

Rose-Marie van Hoogstraten

Biography EVA SUSANNE KULKA



'I was born in Vienna, Austria, on 9th March 1919, just after the First World War. Being from a secular Jewish family I did not receive any religious instruction. Nevertheless, I was acutely aware of my Jewishness in an environment where, from 1933 onwards, the Nazi ideas were being transmitted from Germany. Austria was invaded by Germany when I was 19. There was only one thing to do: to get

out! My sister had married an Englishman and my parents were able to follow them to England. Wishing to be as far from Nazism as possible, I applied to immigrate to Australia arriving here in 1939.

My first marriage, though emotionally difficult, bore the wonderful fruit of my two children, Michael and Jenny. The marriage broke up and then I found Arthur. We were married very happily for 21 years. In 1970, we moved to England. Not very long after this, Arthur died of cancer. Some years later I became a student at Emerson College in Sussex. Among the Anthroposophical endeavours in England at that time, Emerson College was a special flower, with Francis Edmunds at its helm and where people from all countries flocked to study Steiner's teachings. My life centred around Emerson College for 10 years, first as a student, then as landlady to many of its students and later as a member of staff, running the bookshop.'

time of promoting the work of South Africa born artist, Beni Kleynhans. When some years later Beni was ill and was cared for and died in Eva's home, Eva showed us how caring for the dying and the death transition up to the Blessing Out Service was a

work of art. Eva moved from there to be near the Christian Community at her Carrington Street home in Balmain. From this, we can see what a rich and varied life Eva had and how compassionate she was to her fellow human beings.




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.

Calendar of Events in the Cottage for 2009

2009	Day	Event	
MAY	14	Visit by the <i>Biodynamic Sydney Group</i> for the last application for autumn of the Preparation 500 on the gardens. Stirring begins at 2pm – come and join in the fun and join us for a cup of tea.	
	28	Social Group meeting – come help plan our future social events.	
JUNE	4	<i>Karlynne Fashions</i> – We welcome Lynn and Karen back with a wide selection of winter fashions and underwear. Sample ranges in wool, silk and poly/cotton. Thursday at 11am. All welcome.	
	13	<i>The Christian Community</i> service with the Rev Cheryl Nekvapil at 10am. Please be seated by 9.50am.	
	20	<i>Life Members Tribute</i> . Enquiries Milan Telford on 9476 3161 ext 112	
	24	<i>St John's Day</i> – Winter Soup Night at 5pm.	
	27	Instrumental concert with Jacqui Ciddor, Elizabeth Nurthen, Jeanette Tsoulos \$5 includes afternoon tea at 2pm	
JULY	23	<i>Growing Up With Hornsby</i> – Local resident Warwick Rogers will be showing a DVD about growing up in the area and speaking about his many experiences over the years. \$5 includes afternoon tea. Warwick's presentation coincides with our annual <i>St Christopher's Day</i> celebrations on 25th July	
AUGUST	6	<i>A Swag Full of Instruments</i> - Greg Dimmock will be singing a variety of old-time songs and will have you singing along too! Greg was very popular last time so come along for the experience. \$5 includes afternoon tea.	
	18	<i>Believe In Miracles</i> – Roz Baker: author, bush poet, Guest Speaker. Roz will be speaking about her life and share her story about her remarkable recovery from brain surgery. Books will be available for sale. \$5 includes afternoon tea.	
	27	<i>Social Group Meeting</i> – come help plan our future social events.	
SEPTEMBER	10	<i>Crystals</i> - a talk by Dr Raimund Pohl. Crystals have been used for all occasions from the ancient Egyptians to the present day. His talk will focus mainly on Australian crystals and their formation and localities. Come and see this wonderful collection. At 2pm. \$5 includes afternoon tea.	

REGULAR EVENTS IN THE COTTAGE

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

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

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

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

Footbath Therapy is held every second Friday in the Annex.

Please contact Monika on 9476 3161 ext 111 regarding any event listed above.

