



NEWSLETTER No 2 Winter 2012



CHRISTOPHORUS HOUSE
retirement village

index

Editors letter	2
Maintenance Matters	2
Acknowledgments	2
Message from the CEO	3
News from the Hostel	4

FEATURE ARTICLE:

Work Health & Safety Corner ...5

In Memoriam: Rueben Lane... 6

POETRY CORNER:

More than ever5

Blessed are they5

Katie Pretty Little Cherub5

Book & Film review7

CALENDAR

of EVENTS 8



Editor's Letter

Dear Members and Friends

Winter is truly upon us! As I ponder the season by looking outside my office window, I notice the dryness of the large palm tree – it's become more exposed to the elements since the old Cottage has been removed in April. The wind sweeps through the gaping corridor of the dusty ground where the house stood for 30-40-50 years! A piece of history has gone...



Our friend and staff member Dilu and his lovely bride were recently married in Bangladesh. We wish them both much happiness

and blessings for their marriage!

We welcome our newest Self Care resident, Jim Steel, to Christophorus House. Jim is no stranger to the area, having lived here for many years.

Residents will notice that a number of social events between the Hostel and Self Care are taking place in the new Hostel lounge. This has been a success. Both Kathy (DT) and I have been collaborating in bringing more of our residents together so do feel free to come to an event. Of course, favourites such as Monday Movies and barbeque lunches will continue to take place in the Cottage. In this Newsletter we remember our friend and long time architect, Reuben Lane. Reuben passed away in April after a long illness. His contribution to the history of Christophorus House is remarkable and we remember him in this Newsletter. In this issue we include a book and film review which I hope will inspire you to make use of our library in these cold evenings! Keep warm – good wishes until next time.

Monika Bebb
Self Care Liaison Co-ordinator

Maintenance Matters



Much has been happening in and around the Village of late, with continued major works undertaken. The old cottage at the front of the Village has

finally been demolished and a fence erected around the site to prevent accidents on the uneven ground. It also provides a safeguard from anyone just wandering onto the Village grounds. The architects are still busy planning what will be done with this area. Unit 5 has had a revamp for our new resident, how has

now moved in. Also, the Hostel rooms have received approval for major works to be carried out such as tiling and bathroom fixtures, new vinyl flooring and a fresh coat of paint. To start with, we will be renovating three of the rooms when they become vacant. The bus hand rails have proven to be a great add-on, and assist all our residents getting in and out of the bus with greater ease and confidence. And with the coming winter months and no doubt rain, all self care units have now had their gutters cleared and cleaned in readiness. Until my next report, keep warm and well!

Hayden Ibbett
Maintenance Supervisor

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)

Patron: John D Shaw; **Board Members:** Chairman Robert

Allerdice, Mary Arndell, Graham Long, Sune Nielsen, John

Kingsland, Madeleine Pathe; **CEO:** Milan Telford; **Hostel**

Manager: Andrea Nguyen; **Hostel Supervisor:** 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

From the Desk of the CEO



In this Newsletter we pay a tribute to Reuben Lane, architect of the Village from its inception right through to the last (stage 4) development of the ILUs, who passed away on 18th April 2012; Reuben was of generous spirit and always willing to help where he could. It is also with sadness that we saw our long term friend Margaret Shaw, wife of John Shaw our Patron, cross the threshold on Sunday 27th May 2012; it was also very fortuitous that we got to see Margaret and spend some time with her on the day before – Saturday, when we had the Evelyn Latter Room opening. To the families of both Reuben and Margaret, Christophorus extends its deepest sympathy for their loss.

John Shaw as our patron and as a long time friend of Evelyn Latter was the guest speaker on Saturday and gave us an image of the life of Evelyn. David Wansborough then recounted some early memories in the life of Christophorus and Evelyn's role in that. Robert Allerdice, our Chairman,

then spoke about the idea behind the room and also thanked a number of the participants. We welcomed Evelyn's niece, Sue Allen who donated the original portrait of Evelyn that will now hang on the wall next to the room. We also thanked the architect, Ian Neill and the builder, Gil Kaltenbach, for a job well done. Other special guests included our local MP's the Hon. Mr Paul Fletcher, Federal Member for Bradfield and the Hon. Mr Matt Kean, State Member for Hornsby. We were delighted that out of their busy schedules, they took enough of an interest in our community to attend and be part of the celebrations. It was also great to see so many old friends make a special effort to come to the tribute for Evelyn. John Shaw and Robert Allerdice then unveiled the commemoration plaque for the room, along with the portrait. The day was well attended (with over 70 people) and very well enjoyed by all. I should like to acknowledge the staff for all the work they did in making the event run smoothly – thank-you.



The architects Ray Fitz-Gibbon and Associates are currently working through to an Architects Master Plan,

based on the Architects Brief developed last year by the Planning Committee. The Master Plan should be completed by October/November of this year, and then a development application process will be commenced, with a view to developing the properties we currently own at Mildred Avenue. The property at 370 Pacific Highway will be sold in order to inject cash into the development. This property was initially bought for future expansion plans, however due to a number of factors, no longer factors into our current development path.

It is with sincere regret that I have to inform the community that our most excellent Hostel Manager has tendered her resignation due to personal reasons, effective mid June. It is a measure of how much we respect Andrea Nguyen for her professionalism and contribution to Christophorus House that we will be leaving the position open for 4 months, to mid October, in the hope that circumstances may change and that Andrea will be able to again re-join the management team. In the mean time, our very capable Hostel Supervisor, Vik Sonea will become acting Hostel Manager, and an appropriate organisation structural change will be put in place to support Vik in this role. We do wish Andrea all the very best and will only say bon-voyage and not farewell at this stage; thank you Andrea for all you have achieved in your time at Christophorus, it is greatly appreciated by the residents, staff, Board and myself.

Milan Telford



News from the Hostel

Report by Kathy Gasper, Diversional Therapist

It has been wonderful to be able to settle into my job here at Christophorus House and get to know the residents in Hostel as well as Self Care a bit better. First I'd like to welcome my new Recreational Activities Officer (RAO) Vicki who started in February. She is full of enthusiasm, energy and great ideas and we are enjoying putting our heads together and thinking up some great leisure options.

We have had a wonderful array of entertainers in the past 3 months and I have enjoyed being able to liaise with Monika in sharing these wonderful entertainers with the self care residents and utilise the beautiful new *Evelyn Latter Room* for extra chairs. We have had Wilma Lyons' music to help us



St Patrick's Day celebrations



Joy Patten & friends birthday morning tea

April saw us welcoming the talented Greg Dimmock and his *Bag Full of Instruments*,



The Wesley Singers

The Wesley Singers gave us a choral performance and hostel residents being able to celebrate the start of Easter with a Maundy Thursday service conducted by the Minister from St Peters Anglican church. At the end of the month we had a service the day before Anzac

Day to remember the important contribution so many have made for Australia and finished the afternoon with playing quite a few games of Two-Up. No money actually changed hands as we played with special 'United Rooms of Christophorus House' dollars and those who played were able to buy 'contraband' at the end.



Louise Desenberg celebrated her birthday in April.



Anzac Day

Ambré Hammond, a concert pianist, who was unable to come in April, and of course the official opening of the *Evelyn Latter Room* as well as a Pentecost/Whitsunday festival the next day. Birthdays celebrated this month were Gwen Watson and Diana Harwood.

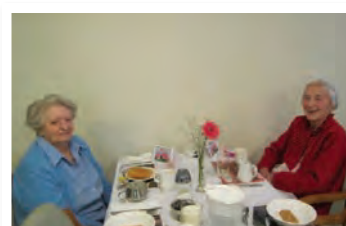


Happy Birthday, Gwen!

We would like to extend a warm welcome to Margaret King to our Hostel. Margaret taught Home Science in high schools for many years as well as being a keen horse woman.

With Vicki taking up the role of RAO

we have been able to recommence a lunch outing at the end of each month. These have had a definite beach theme with the Newport Arms the destination one day and The Boat House at Palm Beach recently, both receiving rave reviews for the location and food quality.



Mother's Day 13th May

It is with sadness that we have had to say our final farewells to long time resident Maurice Kendall, who passed away in April and Allan Clarke in May. They will both be missed.

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Morning exercises with residents

This month I will be attending the annual conference of Diversional Therapy Australia in Brisbane. I am looking forward to being able to exchange ideas with fellow colleagues and learn about the latest trends in recreational therapy.



More than ever

*More than ever,
I find myself in the hands of God.
This is what I have wanted all my life, from my youth.
And this is still what I want.
But now there is a difference:
The initiative is entirely with God.
It is indeed a profound spiritual experience
to know and feel myself so totally in the hands
of this God who has taken hold of me.*

Pedro Arrupe SJ

Blessed are they

*Blessed are they who understand
my faltering step and crippled hand.
Blessed, who know my ears today
must strain to hear the things they say.
Blessed are they who looked away
when coffee spilled at the table today.
Blessed are they, who with cheery smile,
stop to chat for a little while.
Blessed are they who never say
"You've told that story twice today".
Blessed are they who make it known
that I'm loved, respected and not alone.
There are days when I'm at a loss to find
the strength to carry the cross.
Blessed are those who ease these days of my
journey home, in loving ways.*

Author Unknown

Work Health and Safety (WH&S) Corner

OH&S has been superseded by the new WH&S (Work Health and Safety) Act (NSW) 2011. WH&S is a term that you will be hearing more of, as the requirements under the new legislation no longer only apply to the working relationship (Employer/Employee), but covers, by definitions within the legislation, all persons who may come to the site, being a place where a business or under-taking is being carried out. This includes volunteers, visitors, customers (or potential customers), residents and their families, or just the drunk from the local tavern who happens to wander onto the site.

The Act imposes responsibilities and duties on CHRV and the 'Officers' of CHRV (Board and CEO), as well as workers and 'others'. The duty of 'Due Diligence' imposed on 'Officers' includes communicating with all stake holders. The task of communicating is never ending and hence, this new section in our News Letter which will be devoted to WH&S.

The duty imposed on workers and others, is to take **reasonable care** of their



own safety and health, as well as that of others in the work place. This is a positive duty. In the past under the OH&S, workers (there was no category for 'others' that were not workers), had to ensure that they did not behave in a 'reckless' or 'careless' manner. This duty applies in your home, when you are having work done there, or as a customer in a shopping centre, or as a visitor to CHRV.

To be continued.

Left WH&S – worker fails to take reasonable care for own safety.

M Telford, CEO

To Katie

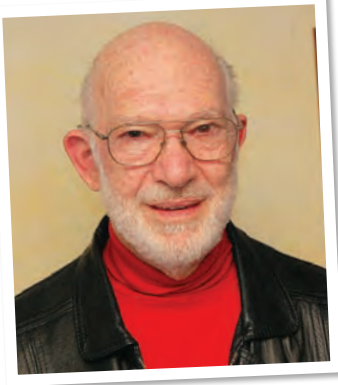
*To Katie: pretty little cherub
that you be
A child of God,
A mystery!
When mummy and daddy hold you close
Remember that love
is the uppermost.
When they scold when you're big
Tell them you're just
A great big kid!*

Poem by Rosa McTiernan, 2012

In Memoriam

REUBEN LANE

13 July 1931 – 18 April 2012



On 18th April 2012, our friend and Life Member of Christophorus House, Reuben Lane, crossed the threshold into the spiritual world. We remember Reuben Lane for his quiet presence and perceptive and artistic eye. When speaking with Rose-Marie van Hoogstraten in July 2005, Reuben shared some of his life. Here is an extract:

"My father began a fibrous plaster business in Hurstville in the 1920's, manufacturing walls and ceilings for the growing 'western suburbs' of the time. Weekends were spent measuring up houses with my father, mother and two older brothers. It was this experience of coming in direct contact with new buildings under construction that first interested me in becoming an architect at around 9 years of age. I later studied architecture at the Sydney Technical College from 1948 to 1955. I was required to work full time in an architect's office during the course and graduated in second place. During this time I became influenced by a great Brazilian architect, Oscar Niemeyer, and made it my mission to work for him on graduation.

A few months after completing the course, I left Australia by ship for Canada and worked as an architect in Vancouver so as to earn enough money to take me closer to Brazil. I left Vancouver after 6 months because of the cold weather and went with a friend to sunny Mexico. On my way to San Francisco, I was fortunate in meeting the great American architect Frank Lloyd Wright at his winter quarters in Arizona. I felt fortunate in obtaining a special work visa permitting me to work in architecture during my 18 months in the delightful city of San Francisco. It took 18 months and an endorsement from my university professor to convince the Brazilian Consul to grant me a visa to work in Brazil. During my travels in North America I met up with architects such as Mies van de Rohe in Chicago and Philip Johnson in New York. While travelling by plane to Rio de Janeiro, I met a friend of Niemeyer who introduced me to him. Niemeyer invited me to travel with him to Brazil and take a look at the city. After looking at some of my

work, he offered me work. The experience in Brazil profoundly affected the way I approached architecture which influenced my future work. I eventually left Brazil because of the language barrier and cultural differences but left with Niemeyer's Letter of Introduction to the French architect, le Corbusier. After meeting with le Corbusier in 1959, I settled in Paris for two years, working with him on several major projects. I met with Niemeyer again when he was 95 years old and was amazed he was still busy working on several projects.

Anthroposophy and Curative Education

In 1961, I returned to Australia and rejoined my old firm Peddle Thorp & Walker, becoming their youngest associate a few years later. One of my projects whilst working for PT & W was to design a building for *Windgap*, a home for children with disabilities. One year after this project, my daughter Ingrid was born with Down's syndrome. At that time, I seriously considered sending my daughter to a Steiner School in Europe, to give her the best opportunity in life. After many enquiries, I was surprised to discover that Inala School was right here in Sydney and so Ingrid was enrolled. Soon after, I met with Karl Kaltenbach and his wife Hannelore and we discussed his proposal for a new school and in about 1967 acreage in Dural became available which was to become Warrah School. Ingrid was the second child to be enrolled at the school and I worked enthusiastically to help establish the residential school. I was elected as the first president of the Parents Committee and we raised money for building the school. Working closely with Karl, I designed several buildings for Warrah over the years.

In 1972 I was invited to join an international group, ILSMH, working closely with the United Nations and dealing with people with intellectual disabilities. When I became a member of the architectural committee, we met overseas which gave me the opportunity of visiting curative facilities in Europe, USA and Canada. It also included several Anthroposophical curative education centres. Unlike Australia, overseas projects in those centres were complex and very expensive to build. The opportunity to exchange ideas and learn more about the underlying philosophy of Rudolf Steiner was gradually built into my projects. The experience changed the way that I approached projects by designing form and space to suit the specific needs of the person using that space in an aesthetic way. It also required me to visualize how I approached the spaces that I was

designing, for example a door should 'welcome' the person entering the space and the space should embrace the people within it.

Christophorus House Retirement Village



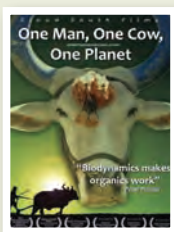
A number of people involved in the Warrah project were also seeking to establish a retirement village and I was asked to inspect a site in Hornsby where the Village is now established. The government of the day that funded the construction with \$2.00 for every \$1.00 raised by Christophorus also had the right to approve the planning of the village and it was considered that a second bedroom was unnecessary. We were successful in planning a 'study' in most units and that was eventually approved. Because of the many restrictions imposed on the design of the units including financial restrictions, the feeling of space was achieved vertically by sensitively following the roof shape and by incorporating as much cupboard space as possible. Although the units are not large the design aimed at inspiring a warm and friendly atmosphere as well as a safe and secure home."

Reuben was involved in the Christophorus House Planning Committee in 2011 and attended two meetings despite his illness. In that time he was able to provide valuable input into the Christophorus House Architect's Brief for the future development of the Village.

Reuben belonged to the school of architects who were architects and project managers and was expert in staging projects in order to build within a restricted budget. He designed and built many buildings including sacred buildings such as synagogues. Reuben was working on a book on architecture which will soon be published. We salute him and express our gratitude for our home, Christophorus House, and for his creativity and gift of creating living, working, celebration and worshipping spaces which convey the artistry of our age.

Rose-Marie van Hoogstraten
Resident, Christophorus House

Film Review



One Man, One Cow, One Planet

— a film about the farming revolution in India and one man out to save the world.

The outcome of the battle for agricultural control in India may just dictate the future of the earth. Our existence on this planet is precarious. Modern industrial agriculture is destroying the earth: desertification, water scarcity, toxic cocktails of agricultural chemicals pervading our food chains, ocean ecosystem collapse, GMO, soil erosion and massive loss of soil fertility. Our ecosystems are overwhelmed. Humanity's increasing demands are exceeding the Earth's carrying capacity. Many

people believe that the advantage of organic farming is that it provides consumers with chemical free produce; however, the key advantage of organic farming is the sustainable management of soil.

So what does an environmentally friendly *biodynamic* food system capable of feeding everyone actually look like? This film is a blueprint for a post-industrial future. It takes you into the heart of the world's most important renaissance. A simple recipe to save the world? One old man and a bucket of cow-dung! A must-see film — it will open your eyes.

Available on loan from the Christophorus House library.

Book Review



The Path of the Soul after Death

The Community of the Living and the Dead as Witnessed by Rudolf Steiner in his Eulogies and Farewell Addresses

Peter Selg

ISBN: 9780880107242

Book (Paperback)

SteinerBooks

"We are separated from the spiritual worlds only by states of consciousness, not by spatial circumstances. States of consciousness are what separate us." —Rudolf Steiner

Rudolf Steiner saw relationships with the dead as the "religious attitude of the future" in the highest sense. Becoming comfortable with thinking and speaking of the dead as concretely as we speak of the living will profoundly affect human activity. To

Steiner, the "enlivening" and even the "sanctification" of earthly existence are not merely connected directly with our relationship to death and to the deceased; in fact, that relationship deepens these qualities and makes them possible. Steiner spoke frequently about death and the human soul's continued existence, as well as about the importance of establishing a new kind of community that unites spiritually active human souls that endure beyond death.

The Path of the Soul after Death is an important addition to the body of anthroposophic literature on our relationship on Earth to those who have died. Peter Selg does a great service in gathering and amplifying much of what Steiner had to say on the subject. This book, and other books on Anthroposophy, is available for loan from the Christophorus House library. Please see Monika in the office if you have a request or wish to borrow.

Joke

A woman in her eighties made the evening news because she was getting married for the fourth time. The following day she was being interviewed by a local TV station, and the commentator asked about what it felt to be married again at that age and would she share part of her previous experiences, since it seem quite unique the fact that her new husband was a 'funeral director.' After a short time to think, a smile came to her face and she proudly explained that she had first married a banker when she was in her twenties, in her forties she married a circus ring master, and in her sixties she married a pastor and now in her eighties, a funeral director. The amazed commentator asked her why she had married men with such diverse carriers. With a smile on her face she explained, 'I married one for the money, two for the show, three to get ready, and four to go.'

Anonymous from USA
Submitted by M Telford

SUCCESS

If you think you are beaten, you are;
If you think you dare not, you don't;
If you'd like to win, but think you can't,
It's almost a cinch you won't.
If you think you'll lose, you're lost;
For out in the world we find
Success begins with a fellow's will,
It's all in the state of mind.
Life's battles don't always go
To the stronger or faster man;
But soon or late the man who wins
Is the one who thinks he can.

Kindly supplied by
Jan Garland

CALENDAR of EVENTS

Month	Day	Event
MAY	26	Official Opening of The Evelyn Latter Room in the new Hostel lounge at 2pm. Light refreshments will be served after the ceremony. RSVP Monika on 9476 3161 ext 2.
	27	Whitsun Festival in the Hostel lounge at 2.30pm. Presenting a short talk, poetry and music. Hosted by the Sydney Branch of the Anthroposophical Society. All welcome.
JUNE	6	Extended shopping day – 10.30am to 3pm for Self Care residents.
	14	Fire Prevention training is COMPULSORY for all Self Care residents. Please meet in the Cottage at 2pm.
	20	Midwinter Soup Night – for all Self Care residents. In the Cottage at 5pm. RSVP Monika 9476 3161 ext 2.
	28	Annual Management Meeting – in the Cottage at 11am. This meeting replaces the bimonthly Self Care Residents meeting on this occasion. A light lunch and tea will be served following the meeting.
JULY	11	Extended shopping day – 10.30am to 3pm for Self Care residents.

Residents' attention is drawn to the Hostel's monthly Leisure Schedule which features combined events for Self Care residents and Hostel residents. It is distributed at the beginning of each month and every resident is warmly invited to attend. Additional notices of combined events will also be circulated.

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

Bridge is taking a break at present. 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 every three months on a Monday.

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



Milan Telford speaks at the National Seniors Week event at the Asquith Bowling Club, April 2012



The old cottage at 398 Pacific Highway is demolished