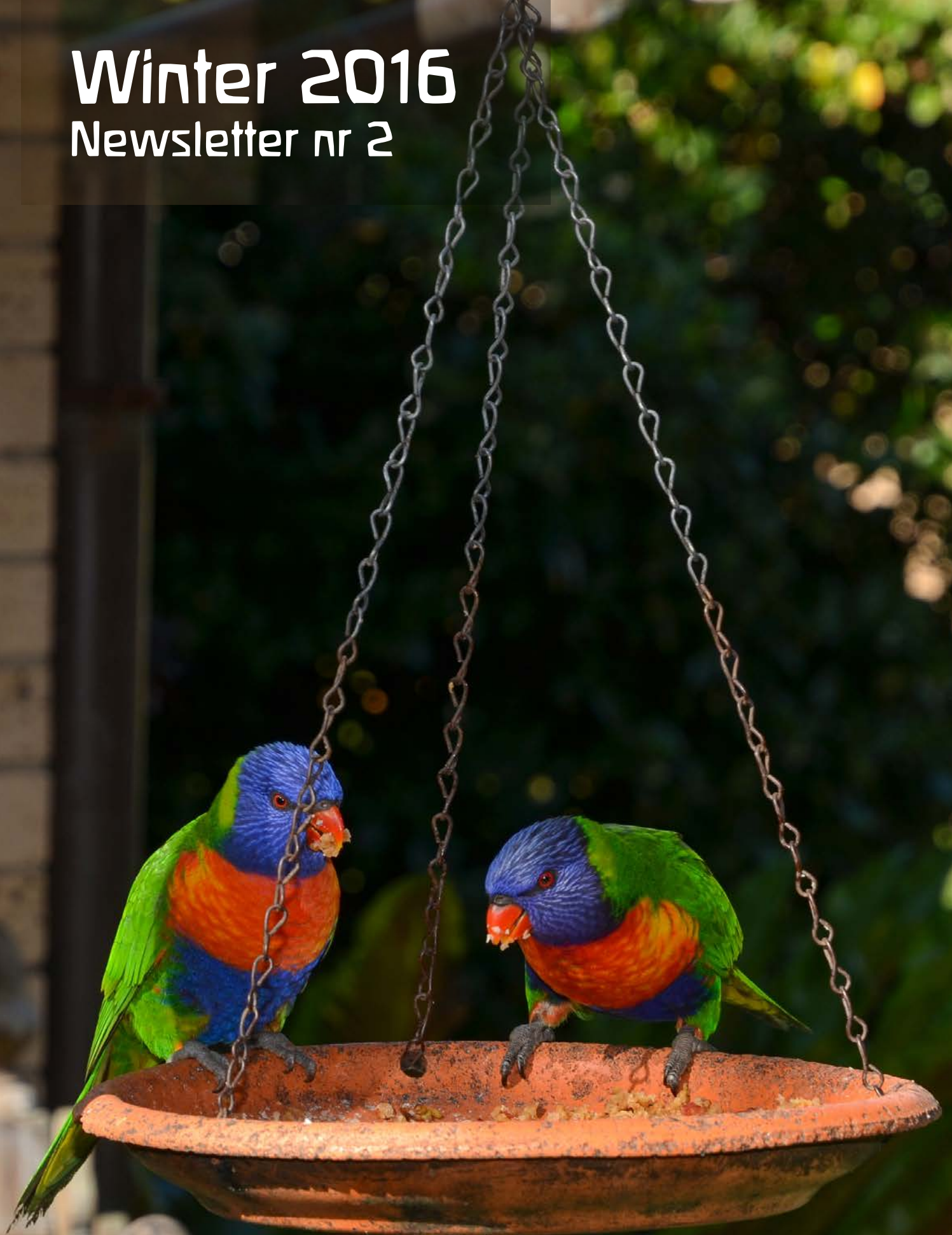


Winter 2016

Newsletter nr 2



Christophorus House
Retirement Village

CONTENTS

Editor's Letter	2
Maintenance Matters	2
Acknowledgments	2
From the desk of the CEO	3
News from the Hostel	4
Poetry Corner	4
HRH Prince Charles on Rudolf Steiner and Agriculture	5
IN MEMORIAM - Arthur Townsend	6
Work Health & Safety Corner	7
Reflections	7
Calendar of Events	8

Cover photo: feathered friends feeding



Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

In the last newsletter I reported that the Hostel will be going through accreditation in June and am glad to say we did this again with flying colours. My meeting with the accreditors was sharp and short – they were very happy with the preventative maintenance schedule which is in place as well as the audit reporting and service reporting by external contractors.

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ABN 32 001 781 013

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Editor's Letter

Dear readers, welcome to our first
Dear readers, after a rather slow start winter has finally arrived! As I look out the window the trees have lost their sheen and are turning brown and the garden is dry. It's a time of inwardness, retreat – a time to be indoors and keep warm and protected from the cold. The mid year winter solstice however, brought our ILU residents to the Cottage to enjoy the annual midwinter soup lunch on 21st June. Residents met their neighbours and friends to enjoy each others' company in the warmth over a bowl of hot soup and crusty bread. Since the last newsletter, we enjoyed a eurythmy dance performance by Kimberley Hammerton in July as well as a third well-attended visit by Marie Palmer from the Sydney Harbour Federation Trust in May. The weekly talks in the Hostel lounge room by Wolfgang continue to be much appreciated and enjoyed. Thank you to all who have contributed to the cultural life of our village! CEO Milan Telford's report on the building development

It was great to get such a good result. Meantime, Unit 23 underwent some major renovations before the new resident moved in. All ILU's, admin and maintenance buildings have had new photo-electric smoke alarms/detectors installed as recommended by NSW Fire & Rescue. These devices are more sensitive to detecting smoke and have a built-in 10 year battery thereby saving the cost of replacing a 9V battery once a year. Some issues were raised in the Annual Safety Inspection Audit which

will be of great interest to our readers and our feature article on biodynamics is not to be missed. We welcome new resident, Mrs Rosemary Broadley, to her new home here at CHRV. We wish her many happy years here! For those residents who were unwell and/or spent time in hospital, we wish you strength and good wishes in your recovery. Former resident and friend, Arthur Townsend, passed away in May and a memorial to his life is included in this newsletter.

Please see our upcoming events on the back page. If you are interested in attending any event, please call me or email me. Also, I'm interested to hear from readers who wish to contribute a **short story** or **poem**, so please email me at mbebb@christophorushouse.com.au. A reminder: we have a small library in the annex which is open during the week. Contemporary DVD's are also available for loan. Please call or come in for a visit. Until next time,

Monika Bebb
Self Care Liaison Officer

was carried out together with the CEO and me. These will then be attended to throughout the year. We experienced a deluge of rain in June with the big East Coast low and the village as a whole fared very well with only a minor roof leak and one minor flood and these were easily remedied. With the late onset of winter, I took the opportunity of having all air conditioners serviced in readiness for the cold – thankfully just in time! So until next time, keep warm and well.

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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, OAM;

Board Members: Chairman Robert Allerdice,

Mary Arndell, Graham Long, Sune Nielsen,

Madeleine Pathe, John D Shaw & Ian Kircher

CEO: Milan Telford; **Hostel Manager:** Denise

Zhao; **Hostel Supervisor:** Vik Sonea;

Self Care Liaison Officer: Monika Bebb;
Maintenance Supervisor: Hayden Ibbett.

Christophorus House is a Not-for-Profit organisation and has operated since 1984.

Newsletter Editor: Monika Bebb; **Design & Layout:** Judichi Design; **Published and printed by** SNAP Printing.

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 Chief Executive



New ILU Development Update

Since the last report, a number of further steps forward have occurred with regards to the development and it is expected that work will now commence in July. At a special meeting of the Board on 9th May, the Board approved a series of motions effectively approving the signing of the 'Builder's contract, Bank Finance Agreement' and signing of associated security documents, to effect the commencement of construction. The signing of the Bank Finance Agreement was subject to all the conditions precedent required by the bank, signed off by the bank as being completed. This necessitated a 'Letter of Intent' being given to the Builder to commence \$100,000 worth of work required to meet one of the condition precedents, that of obtaining a 'construction certificate', which itself had the condition of paying various sums of money for completion of a 'dilapidation report', Section 94 payment to council and payment of long service leave levies. I wrote to all those on the waiting list and informed them that we would have a meeting following the signing of all documents. As I write today (Monday 4th July), it is expected that the Builder will sign the Builder Contract tomorrow. Following this, all that will be required for Christophorus House (CHRV) to sign all contracts pertaining to the development will be a letter from the bank, stating we have met all their conditions for finance – hopefully within a few days of the Builder signing the Builder Contract.

The bank has required CHRV to come up with \$3.6m further equity to make the project finance happen. This is in addition to the \$3.4m invested in the land. CHRV has been able to put this amount together. We have decided to make an appeal for loan funds, in multiples of \$20,000 upwards, to help defray finance costs of the project. CHRV is prepared to pay 3.75% interest (75 points above the best term deposit rates available which are currently at 3.0%). The loans would not be secured as the bank will have full control of all our assets for the period of construction. It should be noted that there has been a waiting list for the units for over three years now, and whilst there has been movement in that waiting list, there are still 27 prospective residents on the list for the available 26 units. This means that on completion of the units they will be fully subscribed and the monies flowing from the bonds from the new residents will more than cover the finance and costs on the construction with some contribution from the first tranche of residents towards the cost of land. Retirement villages are a long term proposition and over time, the dwellings we build continue to generate new revenues for the Village making the Village financially secure. This development, when complete, will

ensure the survival of the Village for many decades into the future.

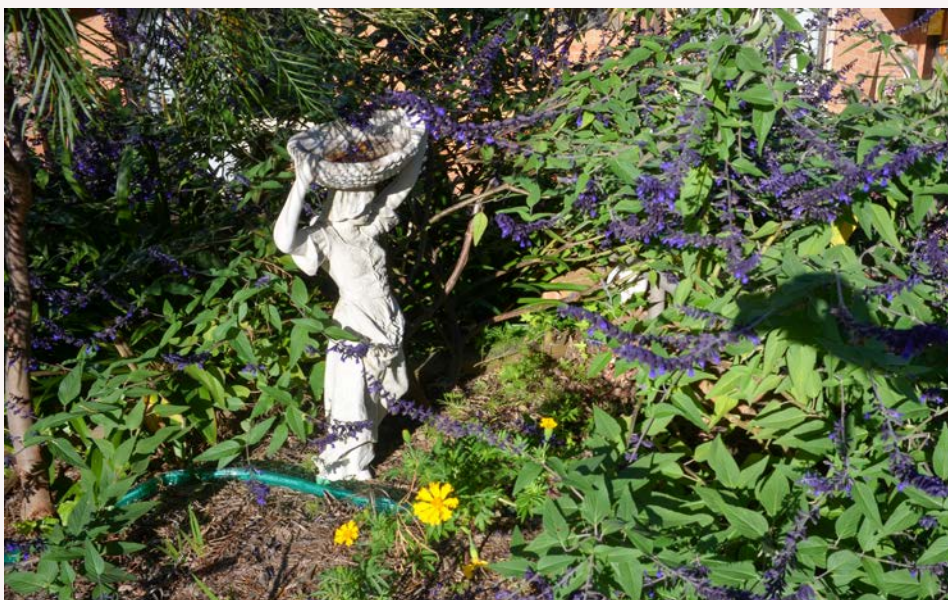
Accreditation

Every three years, the Hostel has a tri-annual Audit from the Quality Agency for renewal of our registration as an Aged Care Facility. I am pleased to report that the Audit was held in June and not only did CHRV pass all four standards and 44 outcomes, but there was not one single negative comment made or issue found by the auditors. The auditors were in high praise of the facility; they were most impressed with the 'atmosphere' of the home, the systems and the staff. They commented that one has to work hard to achieve such a result. My congratulations to Denise (Hostel Manager), Vik (Supervisor) and all the staff for being such an excellent team and coming up with this most excellent result.

Hostel Naming

It has been decided to give the 'hostel' (note, there is no longer a distinction between hostels and nursing homes, they are all called 'Residential Aged Care Facilities' [RACFs]), a name. The name will be 'Helga Forster House' after the founder of CHRV. A suitable date in the future will be advised for the naming ceremony.

Milan Telford



News from the Hostel

*Kathy Gasper,
Diversional Therapist*

It is always a pleasure to be able to report in our newsletter when we have new people become part of our family here at Christophorus House. In the past few months we have welcomed Grace and Arthur Patten, June Carswell and Stephen Hunter as permanent residents. Each new person brings their own particular humour and observations which enhances our social interactions in the day to day happenings at the Hostel. The beginning of April was the special Seniors Concert held at Hornsby RSL which many of our residents attended. A special thanks to Monika who ably drove the bus down and picked us up afterwards. Jacqui Ciddor & Friends also provided us with beautiful and spiritual music. April also saw us commemorate ANZAC Day and hold our annual two-up game. The betting with our special United Dollars of Christophorus House continues to provide much amusement and entertainment, with no one being out of pocket. We celebrated Grace Patten and Joyce Harrup's birthdays in April.



May is always about Mother's Day and we held a special afternoon tea on the Monday to honour and celebrate the lovely women in the Hostel. We also had the third talk from the Sydney Harbour Federation Trust about North Head. Again, special thanks must go to Monika who contacted the Trust and organised the talks that have been so enlightening and interesting. We got to celebrate three birthdays in May: Judy Whereans, Norman Ruggins and Arthur Patten. All our residents are provided with a cake of their choice and a gift thoughtfully provided by Denise, our Hostel Manager.

And so to **June** and cooler weather; after what seemed like a never ending summer, all of a sudden we needed to find nice warm protected destinations for bus trips on Tuesdays and Thursdays. A few that come to



mind and received the "residents' tick of approval" were James Park in Hornsby, Pioneer Park in Castle Hill, Greengate Park in Killara, and the Gosford Waterfront. Almost always what happens, much to the residents' delight, is that a friendly dog owner comes over to say hello and show us their much loved pet. This always fills me with such gratitude that others show interest and kindness to older people. Vicki also continues to take residents once a month to shop at Cherrybrook as well as the long lunch which is also held once a month. Stephen Hunter was the birthday boy for June. The residents were also uplifted by the beautiful presentation of a eurythmy dance at the end of June.



Poetry Corner

I AM NOT OLD

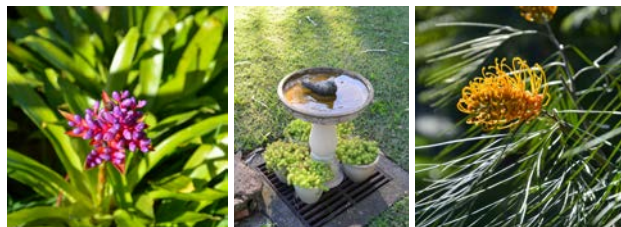
I am not old...she said,
I am rare.
I am the standing ovation...
at the end of the play.
I am the retrospective
of my life as art.
I am the hours
connected like dots
into good sense.
I am the fullness of existing.
You think I am waiting to die...
but I am waiting to be found.
I am a treasure. I am a map.
And these wrinkles are
Imprints of my journey
Ask me anything.



Our birth is but a sleep and a forgetting

"Our birth is but a sleep and a forgetting:
The Soul that rises with us, our life's Star,
Hath had elsewhere its setting,
And cometh from afar:
Not in entire forgetfulness,
And not in utter nakedness,
But trailing clouds of glory do we come"

William Wordsworth



HRH Prince Charles - Rudolf Steiner & Agriculture



HRH Prince Charles recently addressed the opening of an international convention held by the Associazione per l'Agricoltura Biodinamica (the Association for Biodynamic Agriculture) in Milan, Italy.

The theme of the convention was 'Per L'Economia della Terra – La Nostra Casa Comune' (For the Economy of the Earth, Our Common

Home). Prince Charles's message, recorded at St. James's Palace on 9th February, was presented to the conference by video link on 19th February.

The Prince spoke about how best to manage farmland in the future to ensure the ecological health of our planet and a secure and prosperous future for humankind. He questioned the prevailing view – which is that we must tolerate damage to the environment because it was an unavoidable price that had to be paid to improve human wellbeing and reduce poverty – and said we urgently needed to “change this deeply embedded and dangerous thinking,” and accept that “healthy economies depend on healthy ecology.” He spoke of the need to rediscover how to work in harmony with nature and to restore a sense of the sacred once again, rather than becoming prisoners of the kind of scientific evidence-based reductionism that precludes the adoption of a precautionary approach. He likened the planet to a patient whom no responsible doctor would ever have allowed to become as sick as we have made it; a sickness that was a result of industrial farming methods based on chemistry instead of biology upsetting the harmonious balance of nature. Such methods had degraded soils, decimated the biodiversity that once co-existed with food production and diminished the health and vitality of the food we eat.

The Prince mentioned that Rudolf Steiner was one of the first people to recognize the interconnectedness of soil fertility and the vital health of plants, animals and people and who had also understood the concept of ecosystems. He quoted Steiner as having said: “a thoroughly healthy farm should be able to produce within itself all that it needs.” However, the Prince acknowledged that Steiner's “visionary advice” had gone unheeded and what had followed were the intensive farming methods that had denuded much of the world's natural capital and which, he felt, would surely have been an anathema to Steiner because of their failure to respect the fundamental laws of nature in terms of recycling and harmony. The Prince marveled at “the prescience of Rudolf Steiner's thinking” and felt that many of his suggested solutions were still relevant today.

The Prince mentioned that at his Home Farm, at Highgrove in Gloucestershire, they were “not practising biodynamic farming in the strict sense of the word”, but that he and his farm manager “have drawn considerable inspiration and useful lessons from the concept of biodynamic agriculture as outlined by Rudolf Steiner in his Agriculture lectures.” (The Agriculture lectures the Prince was referring to were those given by Steiner in Koberwitz, Silesia, in June 1924, to a mixed gathering of people who were concerned with contemporary agricultural practices; these lectures are generally regarded as the first ever ‘organic’ agriculture course, which led in later years to the establishing of biodynamic agriculture.)

The Prince expressed confidence in the “remarkable resilience of nature” and felt that much of the natural capital that had been lost during the era of intensive farming could be reinstated, but for this to happen, he said there would have to be a fundamental shift in perception and a realization of the vital importance of an agro-ecological approach to restoring soil health and biodiversity. He said he was heartened to learn of the French government's ‘4 per thousand Initiative’. He was referring to the ‘4 per thousand Initiative: Soils for Food Security and Climate’ proposal put forward by the French at the COP21 summit, the United Nations conference on climate change, held in Paris in December 2015, to which 25 nations and more than 50 international organizations signed up. The aim of the initiative is to promote healthy soils and regenerative agriculture as a solution for food and climate security by encouraging farmers to implement farming practices that enhance the soil's carbon stock (with an aim of increasing it by 0.4% per year), rather than continuing practices that release carbon into the atmosphere. The Prince expressed the hope that this proposal would be advanced through measures such as the reintroduction of cover cropping and fertility building crop rotations using grass and clover, an approach that he felt seemed to be in line with the philosophy that Rudolf Steiner was advancing nearly a century ago. He also spoke of the need to accept as a “basic truth” that nature is our collective home and that the air, water, land and ecosystems we all rely upon are the ultimate source of both wealth and wellbeing.

Prince Charles concluded his address with a warm commendation to the Associazione for its “longstanding and heroic efforts to preserve the ecological balance and the vigor of the earth.” Readers can listen to the Prince's address in full on the following web link: <http://www.convegnobiodinamica.it/it/video-19-febbraio-2016/>

Report compiled by Rosemary Usselman

Kind permission was given to reprint this article, which was first published in New View magazine, Spring (Northern hemisphere) 2016: see www.newview.org.uk

IN MEMORIAM - Arthur Townsend



Arthur was born at Newtown on the 27th January 1946 into the silent world of his father, Anthony Clive Townsend and his mother Delena Martha Townsend nee Colefax, who were both deaf and mute. He learnt only sign language for the first 6 years of his life. When he entered school it must have been a shock, as well as isolating, when the other children could not sign and he could not speak.

At home, Arthur was a happy and adored child but the late development of speech put the brakes on his further progress. He yearned to be able to read but despite his best efforts this was not possible. Up to the age of 16 he suffered from epilepsy and he never changed his first set of teeth. Because of this, his otherwise placid nature could erupt like a volcano when his frustration built up.

Arthur's father had various jobs. He worked on the assembly of aeroplane machines and also veneering. The family lived in a house in Ermington surrounded by a generous garden which his father enjoyed tending and in which Arthur enjoyed playing.

At an early age he became interested in motor bikes. The first scooter he owned was blue and later he bought his first car. He was always a very safe and

considerate driver. At the age of 16 he became interested in miniature trains. He started his own collection and attended many miniature train expo's and kept collecting up until the last year of his life. Anything to do with trains captivated his interest, whether big trains on which he made quite a few journeys, to watching DVD's of train journeys, to talking shop with other collectors. He built a very large train table with cupboards below to house his trains. He constructed it without instructions – quite ingenious for one who couldn't read.

Arthur was married for three years to Elizabeth Ann Townsend. He enjoyed married life and was sad when the relationship ended. He spoke wistfully of not having had children because of his epilepsy.

Arthur was employed at the printing firm of Mr Bob Pecover who, realising Arthur's delayed speech, placed him with the ladies in the labelling section, knowing that as they worked their conversations would help him to extend his vocabulary and use of speech. Rosalind Pecover, Bob's daughter, was our serving priest of the Christian Community from 2000 – 2008 and remembered him well from those days. Arthur had a conversation with Rosalind and so attended the services of the Christian Community at Christophorus House. He got to know the residents and staff of Christophorus House well both in the Hostel and in Self-Care. They became his extended family as he had no living relatives.

Diane, who took up a Power of Attorney for Arthur, organised (amongst other things) for him to attend the Catholic Wellbeing Centre at Waitara. He looked forward to going there most of all as he felt embraced and understood. She included him into her family and this inclusion fulfilled his wish for family. A painting of Diane's grandson, Dallas, hung framed on Arthur's wall, a much prized gift. He often attended services at the local St Patrick's Catholic Church as well as the Cathedral.

When Arthur could no longer live independently at Christophorus House, a place at Netherby in Wahroonga was found and where he spent his final months. The staff showered him with kindness, gentleness and the best of care. He turned 70 in January this year – he completed three score years and ten ($3 \times 20 = 60 + 10 = 70$), the biblical lifespan of a human life. Netherby became his new home and the springboard for his takeoff into the heavenly world. Arthur crossed the threshold on Friday 13th May 2016. His final words to me were I want to go 'home'.

Rose-Marie van Hoogstraten

Work Health & Safety Corner (WH&S)

Milan Telford, CEO

CHRV gives training to staff twice a year on what 'bullying' is and our response to this; staff had training on bullying last week. Bullying takes many forms and in some work places can be very common. Bullying is defined as "Repeated, Unreasonable Behaviour directed toward a Worker or Group of Workers that creates a risk to Health & Safety." It can be quite obvious and direct behaviour or language that frightens, humiliates, or degrades a person and can include criticism which is delivered by screaming or yelling. It can also be subtle, such as 'gossip' or rumour mongering. In the news of late

have been inquiries into initiation processes in our armed forces; of children who are taunted and teased through social network sites resulting in suicide. In a recent Court of Appeal case in Queensland [Eaton -v- Tri-Care (Country) Pty Ltd 2016 QCA139], a nursing home was found vicariously liable for a manager's 'bullying' behavior towards an employee who developed a psychiatric illness, and was ordered to pay \$436,000 in damages. Bullying has always been a WH&S issue, but now within the employment context, complaints can also be made direct to the Industrial Relations

department. CHRV does not tolerate bullying of any kind and will act quickly and appropriately should any cases of bullying arise.



Reflections



ATHEIST IN THE WOODS

An atheist was walking through the woods. 'What majestic trees! 'What powerful rivers! 'What beautiful animals!, he said to himself. Suddenly, he heard a rustling in the bushes behind him. He turned to look and saw a 7-foot grizzly bear charge towards him. He ran

as fast as he could along the path. He looked over his shoulder & saw that the bear was closing on him. He looked over his shoulder again, and the bear was even closer and then he tripped and fell. Rolling over to pick himself up, he found the bear was right on top of him, reaching towards him with its left paw and raising the right paw to strike. At that instant, the atheist cried out, 'Oh my God!' Time Stopped. The bear froze. The forest was silent. A bright light shone upon the man, and a voice came out of the sky: "You deny my existence for all these years, you teach others I don't exist and even credit creation to cosmic accident. Do you expect me to help you out of this predicament? Am I to count you as a believer?" The atheist looked directly into the light. "It would be hypocritical of me to suddenly ask you to treat me as a Christian now but perhaps you could make the BEAR a Christian?" ... a pause ...

"Very well," said the voice. The light went out. The sounds of the forest resumed; the bear dropped his right arm brought both paws together, bowed his head & spoke: "Lord, bless this food, which I am about to receive. Amen."

Image sourced at <https://www.google.com.au/>

search?hl=en&site=imghp&tbn=isch&source=hp&biw=1680&bih=848&q=praying+bear&oq=praying+bear&gs_l=img.3..012j0i8i3014j0i24i2.1251.3289.0.5927.12.10.0.2.2.0.349.1450.0j3j1j2.6.0....0...1ac.1.64.img..4.8.1460.CgJsXkty-wl#imgsrc=U-hfaS4gMtERcM%3A

Calendar of Events

July

13 **George Auric**, French composer – member of “Le Six”

19 Hornsby-Berowra Ukulele Group, BUGS – bookings essential

20 The Senses: **the Sense of Balance (Part 2a)**

27



The Senses: **the Sense of Balance (Part 2b)**

September

7



John Donne: No man is an island

14 **The senses (4a)** – Life Sense (visceral senses)

21 **The senses (4b)** – Life Sense (visceral senses)

28 **Ferruccio Busoni**: editor of Bach, Italian composer, teacher and writer



August

3



Germaine Tailleferre – female composer of “Les Six”

10 **Numbers & Lines**: the infinite – a stretch for the thinking

17 The Senses: **Touch – Part 3(a)** – more than skin...

24



The Senses: **Touch – Part 3(b)** – more than skin...

31 **Cecile Chaminade** - French Romantic female composer

“People who are unable to use their hands skilfully for all kinds of work, will not become good thinkers and will behave awkwardly in life. It is not the head alone, but the whole human being that is a logician. Activities demanding manual and bodily skill, such as knitting, leads to the enhancement of the faculty of judgement. This faculty is actually developed least of all by exercises in logic.”
Rudolf Steiner

Regular Events enquiries:
Monika (02) 9476 3161

Hostel Lounge Room Talks with Wolfgang Devine weekly on Wednesdays at 2.30pm. For upcoming Hostel lounge room events, please see our website at www.christophorus-house.com.au or call Monika for details.

Scrabble and other activities happen in the Hostel’s Evelyn Latter Room on Mondays.

Music with Rowlanda in the Hostel lounge on Mondays and Fridays.

A movie is shown in the Cottage on the first Monday of the month.

Board Meetings are held monthly on the third Monday.

Weekly Footbath/Leg Massage Therapy with Ian is in the upstairs Hostel lounge. Visitors welcome but bookings are essential. Phone 0400 430 830.