

NEWSLETTER No 1
Autumn 2014



index

Editor's Letter	2
Maintenance Matters	2
Acknowledgments	2
Message from the CEO	3
Brain Teasers – the answers... 3	
POETRY CORNER:	
Cranky Old Man	4
A different dictionary.....	4
News from the Hostel.....	5
FEATURE ARTICLE:	
Dame Mary Gilmore.....	6
Work Health & Safety	7
CALENDAR	
of EVENTS	8



Editor's Letter

Dear Members and Friends
Welcome to the New Year, everyone. We celebrated a wonderful Christmas time here at Christophorus House since the last Newsletter – it was a truly joyful event with the Satsang Choir's visit for our Carols by Candlelight and residents and visitors alike felt it was a very special occasion as you will see from the photos on the back page. Of course, the success of the event was due to the efforts of all the staff which reflects their dedication in making Christophorus House a wonderful place for those who call it home.

January felt like it simply flashed past with Australia Day having come and gone and school children returning to school. We're well into the New Year now and look forward to a busy year ahead. The new building development is progressing well and Milan speaks about that in his report. We welcome

new resident Sally Bannister to Self Care and Iris Crick to the Hostel after being in Self Care a number of years. Transitions have been stressful but having settled in feels good now, thankfully.

Maintenance has been progressing well as you will read from Hayden's report – no doubt greatly assisted by his young son Dylan (see picture below). The feature article on Dame Mary Gilmore was inspired after a conversation I had with Jolyon Bromley about this woman whose picture features on our ten dollar note. A worthy mention post-Australia Day. Poetry has been provided by those who had a personal connection with it and no doubt you have been waiting with anticipation for the answers to the Brain Teasers from the last Newsletter, so here they are! Until next time, good wishes and happy reading!

Monika Bebb
Self Care Liaison Co-ordinator

Maintenance Matters

2014 is rolling along, with Christmas feeling like a long time ago last year! The regular maintenance schedule is running smoothly with no unexpected disruptions. All storm water drains along the back of the Hostel have been restored with new grates, pipe clearing and some new pits installed, ensuring free flow for excess water to escape. Also, new channel drains and pipes out the front of Units 5 and 12 have been put in. Broken and/or chipped tiles have been replaced on ILU Units 1 to 16 and the Hostel laundry has been painted and new tiles laid. ILUs have had 15 new fire extinguishers installed. For now, that's about all. Until next time, keep well.



Tree

From a seed you begin your fight,
Small, weak striding to reach the light
Striving to send roots for strength, for girth,
You spread branches like wings for birds to sit
and sing,
Amongst many other critters who live within.
A battle to grow tall, to grow strong,
To stand through time for years to come.
Pulling in toxins that mother earth cannot bear
Releasing invisible life we breathe in, fresh air,
Without you nothing would be,
Why is it that many just can't see
That life begins and ends with you, tree.

Hayden John Ibbett, TMB 2014

'The tree which brings some to tears of joy, is in the eyes of others – a green thing which stands in the way.'

William Blake, 1799

Hayden Ibbett
Maintenance Supervisor

Christophorus House Retirement Village
ABN 32 001 781 013
Registered Office: 396 Pacific Highway,
Hornsby NSW 2077
Postal Address: PO Box 3198, Asquith NSW 2077
Village Email: mtelford@christophorushouse.com.au
Hostel Telephone: (02) 9476 3161
Hostel Fax: (02) 9987 0212
Hostel Email: hostelmanager@christophorushouse.com.au
Office Telephone: (02) 9476 3161

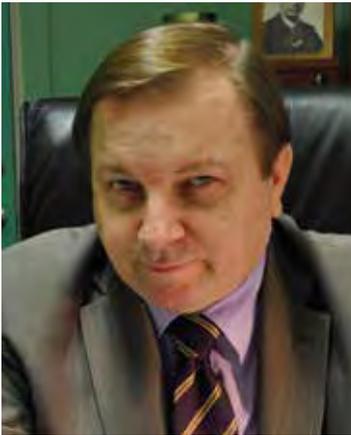
Office Fax: (02) 9477 5768
Website: www.christophorushouse.com.au
Office Hours: 9am to 5pm, Monday to Friday
Hostel Hours: Staff on duty at all times, 7 days per week
(After Hours after 6pm 0403 575 079)
Patron: Dr h.c. Karl Kaltenbach, OAM; **Board Members:**
Chairman Robert Allerdice, Mary Arndell, Graham Long, Sune
Nielsen, Madeleine Pathe, John D Shaw. **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
Published and printed by Miroma Light Industries

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



CHR V has full occupancy in the Hostel and has just recently had an Independent Living Unit (ILU) become vacant, which we will fill shortly. This is good news for us, having struggled for nearly 18 months to fill up to 5 vacancies in the Hostel. Today, the Hostel has enquiries again almost weekly with one person on a waiting list – that person being in a facility but wanting to move to CHR V.

New ILU Development

Since the last report, we have listened to residents' input into the new development and have had two meetings of the Building Committee. On Wednesday 19th February we were very pleased to have the Hornsby Shire Mayor Steve Russell and Councillors Mick Gallagher, Robert Browne, Michael Hutchence and the Manager Planning Division, James Farrington, come and visit our facility and listen to a presentation by Ian Scutts (CHR V – Project Manager), on our new development. The presentation made it clear that throughout the pre-DA process, CHR V had been consultative

and transparent with our dealings with Council and had made changes to our previous building design to come within SEPP and other regulatory controls on development, for a large percentage of the development. The Council members, all of them, seemed very positive towards our proposed development, to increase the number of ILU places for Hornsby residents. In the rain, we had a walk around the Village and also viewed the land where the new development will be built. We were very grateful for their time and their positive view.

At the time of writing, we are in the process (within the next week) of approving the final DA drawings and in March the DA will be lodged. Council approval of the DA will take approximately 3 to 4 months. The next step after this will be to hold a meeting of interested parties who would hope to enter an agreement for the new units and thereby obtain a commitment from them to satisfy the bank requirements for finance of the construction cost. A price for the new units cannot be determined until finalisation of Construction Drawings.

Living Longer Living Better – Aged Care Reforms

The *Aged Care (Living Longer Living Better) Act 2013*, was passed through the Parliament on the last sitting days in 2013. Impact of the reforms in some areas (Home Care) in the Industry has already commenced and from April 2014 reforms will start to require action on CHR V behalf. The major changes as to how we do business (i.e. Aged Care – not ILUs), will occur from 1st July 2014. In past issues I have already addressed

some of the issues that confront the Industry and CHR V as part of that. At a recent Regional Meeting of CEOs (20+ participants), there was still much unsettled ground to cover, regarding the reforms and the same issues that CHR V faces, are also faced by many of the other facilities in the group that met. In March, I have been invited to be part of a group of 9, Industry representatives, that will meet with 23 politicians in Canberra (both sides of politics and both upper and lower houses), to voice our concerns over some of the reform agenda. These concerns were voiced during the consultation period of the Bill(s) however they eventually were enacted as legislation. The greatest concern is that of section 52F(2)(1), which essentially goes against all contract law principles in the Western world, requiring organisations to 'hand over property' before a mutually acceptable agreement is determined between the contracting parties viz-a-viz, the requirement to allow residency for up to 28 days, prior to a resident informing the service provider as to method of payment (either lump sum bond or daily payment). The risks in this kind of situation are enormous for a small operator such as CHR V.

The reduction of funding of \$4Billion over 4 years from the previous government, by changes to ACFI (Aged Care Funding Instrument), also continues.

I hope to bring more favourable news on these issues during the coming year.

Milan Telford

Brain teasers

The answers you've been waiting for!!!

Q: What starts with the letter "t", is filled with "t" and ends in "t"?

A: Teapot!

Q: How many months have 28 days?

A: All 12 months!

Q: A horse is on a 24 foot chain and wants an apple that is 26 feet away. How can the horse get to the apple?

A: The chain is not attached to anything.

Q: What is so delicate that saying its name breaks it?

A: Silence.

Q: If I have it, I don't share it. If I share it, I don't have it. What is it?

A: A Secret.

CRANKY OLD MAN

When an old man died in the geriatric ward of a nursing home in an Australian country town, it was believed that he had nothing left of any value. Later, when the nurses were going through his meagre possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Melbourne. The old man's sole bequest to posterity has since appeared in the Christmas editions of magazines around the country and appearing in magazines for Mental Health. This old man, with nothing left to give to the world, is now the author of this 'anonymous' poem winging across the Internet.

What do you see nurses?
 What are you thinking
 A cranky old man,
 Uncertain of habit
 Who dribbles his food
 When you say in a loud voice
 Who seems not to notice
 And forever is losing
 Who, resisting or not
 With bathing and feeding
 Is that what you're thinking?
 Then open your eyes, nurse
 I'll tell you who I am
 As I do at your bidding,
 I'm a small child of Ten .
 Brothers and sisters
 A young boy of Sixteen
 Dreaming that soon now
 A groom soon at Twenty
 Remembering, the vows
 At Twenty-Five, now
 Who need me to guide
 A man of Thirty
 Bound to each other
 At Forty, my young sons
 But my woman is beside me . .
 At Fifty, once more,
 Again, we know children
 Dark days are upon me
 I look at the future
 For my young are all rearing
 And I think of the years
 I'm now an old man
 It's jest to make old age
 The body, it crumbles
 There is now a stone
 But inside this old carcass
 And now and again
 I remember the joys
 And I'm loving and living
 I think of the years, all too few
 And accept the stark fact
 So open your eyes, people . . .
 Not a cranky old man
 Look closer see ME!!

What do you see?
 when you're looking at me?
 not very wise,
 with faraway eyes?
 and makes no reply.
 'I do wish you'd try!'
 the things that you do.
 A sock or shoe?
 lets you do as you will,
 The long day to fill?
 Is that what you see?
 you're not looking at me.
 As I sit here so still,
 as I eat at your will.
 with a father and mother,
 who love one another
 with wings on his feet
 a lover he'll meet.
 my heart gives a leap.
 that I promised to keep.
 I have young of my own.
 And a secure happy home.
 My young now grown fast,
 With ties that should last.
 have grown and are gone,
 to see I don't mourn.
 Babies play 'round my knee,
 My loved one and me.
 My wife is now dead.
 I shudder with dread.
 young of their own.
 And the love that I've known.
 and nature is cruel.
 look like a fool.
 grace and vigour, depart.
 where I once had a heart.
 A young man still dwells,
 my battered heart swells
 I remember the pain.
 life over again.
 gone too fast.
 that nothing can last.
 open and see.

A different dictionary...



Adult: A person who has stopped growing at both ends and is now growing in the middle.

Beauty Palour: A place where women curl up and dye.

Chickens: The only animals you eat before they are born and after they are dead.

Committee: A body that keeps minutes and wastes hours.

Dust: Mud with the juice squeezed out.

Egotist: Someone who is usually me-deep in conversation.

Mosquito: An insect that makes you like flies better.

Raisin: A grape with a sunburn.
Secret: Something you tell to one person at a time.

Toothache: The pain that drives you to extraction.

Tomorrow: One of the greatest labour saving devices of today....

Sourced from John Rowan's *Summer Newsletter (2013)*



News from the Hostel

Report by Kathy Gasper, Diversional Therapist

When I was 7 years old I started Brownies and was introduced to the story of a mythical elf or elves that helped people without being seen. Those who were on the receiving end found out help had been rendered usually when they woke up in the morning. Now as a Brownie I soon discovered that the helpful "elf" was actually me and the whole idea of the story was to inspire us to help others without looking for praise. So where is this story going? At the Hostel there is a very kind elf or elves that leave good quality books for our library and up to date magazines for residents to read. I have no idea who you are but I just want to say thank you very much and we really do appreciate your generosity.



So Christmas has come and gone. It is such a busy time in our Leisure Calendar; however Vicki and I enjoy the opportunity to make the festive season a special time for residents. The Christmas lights night tour was a raging success and so much fun, we had a delightful visit from Berowra Christian Community School who entertained us with carols and items from their school musical. We really enjoyed sharing a delicious Christmas lunch (cooked by our chef extraordinaire) together with self care and the wonderful singing of Leighton Watts and the Carols by Candlelight was so special with the choir leading the singing. Special thanks must go to Monika who organised the choir to come. At the Hostel we also celebrated New Years Eve with a special Happy Hour. Birthdays this month were celebrated by Pat Bolton and Maise Wilkinson.



January started quietly with many staff taking some well deserved time off, but we were soon back into the groove and welcomed back Kristy Lee who came to entertain us after a 2 year absence, and a concert by renowned lyre player John Billing. There was

much preparation undertaken leading up to the celebrations for Australia Day which was celebrated on the Friday before with a yummy lunch of either roast lamb or pies, then afternoon tea with lamingtons of course, thong tossing, singing some Australian songs, and a game that probably can best be described as "knocking someone off their perch". Shandies were also available. We sang happy birthday and ate cake for Tom Mulvogue, Minnie Wells and Beth Oxley's birthdays.



We have two bus trips a week for Hostel residents and with school going back in February our favourite venues were a bit less crowded so we were able to enjoy even more such places as Barnetts Lookout at Berowra Heights, Bobbin Head where we feed the fish and the wildflower garden at St Ives. And on one Thursday we headed off early to go to Collaroy beach for morning tea which is a longish trip but very enjoyable for all who attended. Birthdays this month are Nola Diedrich and Jean Robertson. We also sadly farewell Gwen Watson who passed away in February.



Dame Mary Jean Gilmore (1865–1962)

by W. H. Wilde. This article was published in
Australian Dictionary of Biography, Volume 9, (MUP), 1983



Mary Jean Gilmore (1865-1962),

by Adelaide Perry
Dame Mary Jean Gilmore (1865-1962), writer, was born on 16 August 1865 at Mary Vale, Woodhouselee, near Goulburn, New

South Wales, eldest child of Donald Cameron, a farmer, born in Inverness-shire, Scotland, and his native-born wife Mary Ann, née Beattie. Her father had migrated to Australia in 1838 from Fort William, and her mother's family had come from County Armagh, Ireland, in 1842. The Camerons and Beatties owned adjoining properties. Donald Cameron, a wanderer by nature, was in turn farmer, mail contractor, property manager, carpenter, innkeeper and builder, moving with his family around south-western New South Wales. Later Mary's mother lived in Sydney and wrote for the *Australian Town and Country Journal* and the *Daily Telegraph*. At 7 Mary went to school briefly at Bruceedale near Wagga Wagga and at 9 to Wagga Wagga Public School. In 1877 the family moved to Houlaghan's Creek and she attended the school at Downside. For the next four years she was an unofficial pupil-teacher in small schools at Cootamundra, Bungowannah and Yerong Creek. At 16 she passed a formal entrance examination and began as a probationary pupil-teacher at the Superior Public School, Wagga Wagga. After a period of ill health and failure in a teacher's examination in December 1884, she resigned, but was re-employed in May 1886 at Beaconsfield Provisional School. She was transferred in March 1887 to Illabo Public School. After passing the IIIA teachers' examination, Mary was appointed in October 1887 as temporary assistant at Silvertown Public School near Broken Hill. She remained there until December 1889 spending the Christmas vacation of 1888-89 in Sydney with her mother. Mary was transferred to Neutral Bay Public School in January 1890.

Her relationship with Henry Lawson probably began in 1890: in 1923 she recalled that '*It was a strange meeting that between young Lawson and me. I had come down permanently to the city from Silvertown*'. Her account of an unofficial engagement and Lawson's wish to marry her at the time of his brief trip to Western Australia (May-September 1890) could be accurate regarding dates, but there is no other corroborative evidence.

There was clearly, however, a close relationship between them in 1890-95, but it was broken by his frequent absences from Sydney. Mary's later comments on his career were always somewhat proprietorial but the extent of her influence on his literary talents and her contribution to his literary education remain unsubstantiated.

In May 1891 Mary was transferred to Stanmore Superior Public School. She had become involved in the increasing radicalism of the day, supporting the maritime and shearers' strikes as actively as possible for a schoolteacher subject to the strict rules of the Department of Public Instruction. It was her lifelong claim that she had, under her brother John's name, been co-opted to the first executive of the Australian Workers' Union. She assisted William Lane and the New Australia movement, and was largely responsible for overcoming the financial difficulties that threatened to prevent the departure for Paraguay of the *Royal Tar* on 16 July 1893. On 31 October 1895 she resigned from teaching and sailed from Sydney in November in the *Ruapehu*, arriving at the Cosme settlement in Paraguay in January 1896. She married fellow colonist, a Victorian shearer, William Alexander Gilmore (1866-1945), at Cosme on 25 May 1897 and their only child William Dysart Cameron Gilmore (1898-1945) was born on 21 August 1898 at Villarica, near Cosme. In August 1899 the Gilmores resigned from Cosme and Will left the settlement to work at various jobs. In November 1900 the family went to Rio Gallegos in southern Patagonia where Will worked on a ranch and Mary gave English lessons. On 1 April 1902 they reached England, stayed briefly with

Lawson and his family in London, and arrived in Australia in the *Karlsruhe* in July.

Back in her familiar Sydney environment Mary was attracted to the busy literary and political scene but, acknowledging her family responsibilities, went with her husband to Strathdownie, near Casterton in western Victoria, where Will's parents had a property. Life there was far from congenial but she had a long-sustained correspondence with Alfred George Stephens of the *Bulletin* and was delighted to have her life and work featured in the 'Red Page' on 3 October 1903. In 1907 they moved into Casterton where Billy attended school. Mary's long connexion with the *Australian Worker* began in 1908 when, in response to her request for a special page for women, the editor Hector Lamond invited her to write it herself. She was to edit the 'Women's Page' until 11 February 1931. Mary also began campaigning for the Labor Party, helping to have its candidate for the Federal seat of Wannon elected in 1906 and 1910. Her first collection of poems, *Marri'd, and other Verses*, simple colloquial lyrics, written mainly at Cosme and Casterton, commenting on the joys, hopes, and disappointments of life's daily round, was published in 1910, on the advice of Bernard O'Dowd.

The Gilmores left Casterton in 1912, Mary and her son going to Sydney where she had the security of her *Worker* position and Billy the opportunity of a secondary education, while Will joined his brother on the land in the Cloncurry district of Queensland. They were rarely reunited in the years that followed, but, loose and impersonal as the husband-wife relationship must have appeared to outside observers, it was always characterized by affection, respect, and abiding mutual interest.

A staunch supporter of journals such as the *Bulletin*, the *Lone Hand* and the *Book-fellow*, she invested her own (borrowed) money in the latter to prevent its closure through bankruptcy. The accounts in 1913-16 of Mary Gilmore trading as the *Book-fellow* and her correspondence with Stephens indicate the scope of her participation. Her

WORK HEALTH AND SAFETY CORNER (WH&S)

by M Telford CEO



Fire Safety in the Independent Living Units

Every 12 months we have a training for residents in Fire Safety, with the next training to be held in 3 weeks. This article is just by way of a reminder of key safety drill points. A fire in a unit can become potentially life threatening not just for the occupant of that unit but also for adjoining units. A small fire can become a roaring inferno in less than 5 minutes. The biggest killer in a fire situation is smoke. Inhaling poisonous toxins from smoke will render a person unconscious with death following shortly there-after in a matter of a minute or two.

Remember: if you see a fire in your unit, do the following:

1. Exit the unit and close the door behind you (close door only if safe to do so).
2. Ensure fire brigade is rung - see neighbour or staff if in vicinity as soon as possible no matter how big or small the fire.
3. Alert your neighbours by pressing screamer button in your block [Know where this is located in your block].
4. Congregate at Emergency Assembly Point [Know where these are].

Fire Brigade response time is about 5 minutes hence it is very important that they are notified as soon as possible.

second volume of poetry, *The Passionate Heart* (1918), reflected her horrified reaction to World War I. Poems such as 'The measure' stress the futility and waste of war, while 'Gallipoli', a deeply felt, imaginative account of that famous battlefield with its scars covered by the recurring miracle of spring, offers consolation to those grieving for the loss of loved ones. She gave the royalties from *The Passionate Heart* to the soldiers blinded in the war. In 1922 her first book of prose, a collection of essays entitled *Hound of the Road*, was published. In the early 1920s her health, never robust, became a problem. High blood pressure and heart trouble led to a stay in hospital in Sydney in 1920; she was sent to Goulburn by her doctor to escape the pressure of city life at different times between 1921 and 1924. In 1925 a third volume of verse, *The Tilted Cart*, appeared; the poems were accompanied by copious notes indicating her keen interest in recording the minutiae of the pioneer past.

Mary Gilmore's final years with the *Worker* were not placid: she resigned at the end of January 1931. Her book of verse, *The Wild Swan*, had been published in 1930, its radical themes, together with its anguish over the ravaging of the land by white civilization and the destruction of Aboriginal lore, making it her most impressive work to that point. It was followed in 1931 by the book of largely religious verse, *The Rue Tree*, which she claimed was a tribute to the Sisters of the Convent of Mercy at Goulburn, and in 1932 by *Under the Wilgas*. Her twin books of prose reminiscences, *Old Days, Old Ways: a Book of Recollections* and *More Recollections* were published in 1934 and 1935. In them she recaptures the spirit and atmosphere of pioneering. These anecdotal accounts which present 'Australia as she was when she was most Australian' are lively and attractive examples of her skill as a prose



writer and, although unreliable and romanticized, have become invaluable sources of the legend of the pioneer days. Over the years she campaigned in the *Worker* and any other available forum for a wide range of social and economic reforms, such as votes for women, old-age and invalid pensions, child endowment and improved treatment of returned servicemen, the poor and deprived and, above all, of Aboriginals. She carried on a prolific correspondence with many friends including Dowell O'Reilly, Hugh McCrae, Nettie Palmer, George Mackaness, Alec Chisholm and Robert FitzGerald. In 1980 a selection of her letters was published posthumously. She was a founder of the Lyceum Club, Sydney, a founder and vice-president in 1928 of the Fellowship of Australian Writers, an early member of the New South Wales Institute of Journalists and life member of the Royal Society for the Prevention of Cruelty to Animals.

To mark the considerable public acclaim for her literary and social achievements, she was appointed D.B.E. in 1937. Thereafter she was a celebrated public figure. She published a new volume of poems, *Battlefields*, in 1939. In 1945 her husband and son both died in Queensland. Her last years were made memorable by ever-increasing signs of public esteem. She died on 3 December 1962 (Eureka Day) and, after a state funeral at St Stephen's Presbyterian Church, Macquarie Street, was cremated, her ashes being buried in her husband's grave in the Cloncurry cemetery, Queensland; she was survived by a grandson.

Nationality

I have grown past hate and bitterness,

I see the world as one;

But though I can no longer hate,

My son is still my son.

All men at God's round table sit,

and all men must be fed;

But this loaf in my hand,

This loaf is my son's bread.

Paradox, thy name is poetry.

Article sourced at: <http://ninglun.wordpress.com/2007/09/14/friday-australian-poem-6-mary-gilmore-nationality-and-old-botany-bay/> and <http://adb.anu.edu.au/biography/gilmore-dame-mary-jean-6391>

CALENDAR of EVENTS

Month	Day	Event
APRIL	6	Daylight Savings ends. Move clock back one hour at 2am
	18	Good Friday
	20	Easter Sunday
	25	ANZAC Day
	28	Self Care Residents' meeting at 2pm.
MAY	5	Self Care Residents' meeting at 2pm.

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 takes place in the Hostel's *Evelyn Latter Room* on Mondays.

Monday Movies are held in the Cottage on the third Monday of every month except for December.

Music with Rowlanda is on Mondays and Fridays at 1pm in the Hostel lounge.

First Class is held in the Cottage from February to November on the third Sunday at 10am.

Board Meetings are held in the Cottage on the third Monday of each month except December.

Footbath/Leg Massage Therapy provided each Friday.



Self Care residents attend the RVA's AGM at Gosford – September 2013



Satsang Choir, Christmas 2013



Carols by Candlelight – enjoyed by all

