

# Autumn 2015

## Newsletter nr 1



**Christophorus House**  
Retirement Village

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**Cover image:**  
late summer in the garden

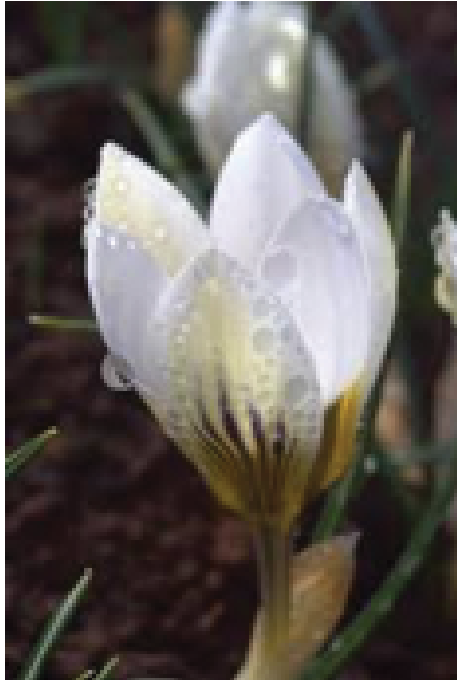
## Editor's Letter

*Dear Members and Friends,*  
Now that Christmas is but a distant memory, we look forward and in to this year. It's already been eventful with work having started on the retrofit of the sprinkler system in the Hostel. The disruption and noise is quite marked and unfortunately residents and visitors will have to bear it until early April when the work is expected to be finished.

We welcome a number of new residents in the Hostel who are either planning to stay or are here on respite. It's nice to see people taking advantage of the warm sunny days as they head outdoors with their walkers and stroll up the driveway and enjoy the gardens. In Self Care, we also welcome Pam Quinn who is happily settling in and enjoying her new home.



*Congratulations and good wishes to staff member Dilu and his wife Mili who welcomed their baby daughter Mahala to the world on 28th January!*



*Autumn Crocus*

With the coming autumn, the carefully tended gardens by residents and Jason are a feast for the eyes! Not only are the crocuses making themselves noticeable around the village, Jim's red roses smell divine as one passes. I've captured some photos for this newsletter which I hope you enjoy. As there are quite a few interesting events happening in the Hostel lounge room in the next few months and rather than listing them all why not check out our website? Until next time, keep well!

**Monika Bebb**  
**Self Care Liaison Officer**

## Maintenance Matters

*Report by Hayden Ibbett,  
Maintenance Supervisor*

There has been and continues to be a lot of movement around the Hostel with contractors fitting out the new fire sprinkler system. Visitors have been cautioned about the lack of parking on the property during this time and although the contractors are careful how they work in the Hostel, residents and

visitors are asked to be careful when in the Hostel while the work is being carried out. A company called *Tyrone Fire* is doing the work. They are very experienced with installing sprinklers particularly in a Hostel environment like ours. Work is expected to be completed by early April.

All windows in ILU's have been cleaned by new contractor *Squeegee Pete*, who has done a great job. Hostel windows are

booked in for early March. Also, many ILU residents took advantage of a special offer of having their carpets cleaned by Laurie from *Pacific Blue*.

A special mention must be made about Jason and his work around the gardens and grounds as they are looking their very best! We've had many comments. There are no major maintenance jobs on the horizon to report so until next time, keep well!

**Christophorus House Retirement Village**  
ABN 32 001 781 013

**Registered Office:** 396 Peats Ferry Road  
(formerly 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:** Robert Allerdice Chairman,  
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:** Hayden Ibbett.

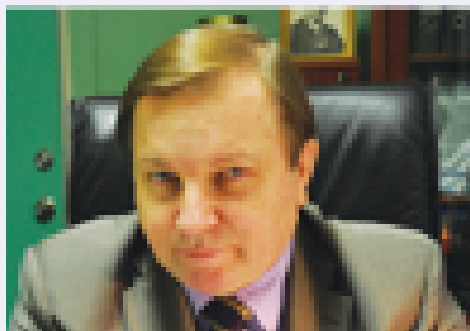
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**If you have some information, an event or  
an item you wish published, please contact  
Monika on (02)9476 3161 ext 2 or email  
mbebb@christophorushouse.com.au**



# From the Desk of the Chief Executive



## New Independent Living Units

- by the time this Newsletter is printed, the 'Builder Tender' document will have been sent to the panel of builders selected to tender for the project. This means that all the drawings are complete and all the specialist engineering reports will be in.

The Builder Tender process – completion of tenders by builders and analysis of the same, will be completed by 18<sup>th</sup> May. Recommendations will be brought to a special Board meeting on Saturday 30<sup>th</sup> May and following to acceptance of one of the Tenders, prices for the units will be determined. Prospective residents, who have already put their name on the waiting list, will then be invited to a meeting on Tuesday 2<sup>nd</sup> June 2015, where Expression of Interest forms

(EOIs) will be distributed. Letters will be sent inviting those on the waiting list. The meeting will also be advertised. Each person will be asked to select 4 unit preferences and these will be allocated in accordance with the date on the waiting list form.

If there are enough people who fill out an EOI on the night, (over 26) then there is the possibility to construct both buildings at the same time, as one project. This option will be kept open. Bank finance will be the final step and it is then hoped that we will be able to commence construction in July sometime.

**Entry into the Hostel:** New residents, who come into our Aged Care facility, struggle with the complexity of issues which arise around personal financial matters and financial contractual arrangements such as accommodation payments and residential care fees. The system has become more complex and less understandable. It is, however, designed ultimately as a 'user pays' system, which will in time and in round about ways, save whoever is in government, a substantial

amount of money 'per capita' and hence the complexity. Prospective residents intending to enter an aged care facility and their families should seek professional financial planning advice from a practitioner in aged care financial planning.

## Retrofit Fire Sprinkler System:

Following the Quakers Hill Nursing Home fire, the NSW State Government made it mandatory for all 'aged care facilities' to retrofit fire sprinklers in those facilities, by June 2016. We have started work and although there are disruptions to the life in the Hostel, the residents and staff are getting on with life as usual and coping with the interruptions. Work should be finished by end of March.

**20<sup>th</sup> June 2015 Open Day:** Along with the rest of the industry, we will be involved in the retirement sector 'Open Day'; this year we will make Saturday the day (last year Friday was the day and resulted in not too many coming along). The day will include a barbecue lunch, tours through the Hostel, meeting local residents to discuss their experience, information and a guessing competition.

**Milan Telford**



Jason the gardener tending the plants



## The Big Clearing Job

Jason mowing the development site



# The Meaning of some festivals

The **Festival of the Holy Night** has for centuries been a great festival of remembrance in the whole of Christendom. And when we think of it as such we must be mindful of all that has been associated with this festival in the feelings and hearts of men. It must be remembered that the festival of the 25<sup>th</sup> of December did not become an institution in Christianity until the fourth century A.D. It was in the fourth century, for the first time actually in the year 354, in Rome, that the Festival of the Birth of Jesus was placed as it were before the Christian world as a great and memorable contribution to the times. It was out of the very deepest instincts of Christian evolution that such a contribution to the times was made in the fourth century of our era.

... Profound symbolism is contained in the **Festival of the Three Magi** from the East. Until the 15<sup>th</sup> century, this symbolism was kept very secret and no definite indications were available. But since that century some light has been thrown on the Festival of the Magi by exoteric presentations. One of the Three Kings — *Caspar* — is portrayed as a Moor, an inhabitant of Africa; one as a white man, a European — *Melchior*, and one — *Balthasar* — as an Asiatic; the colour of his skin is that of an inhabitant of India. They bring Myrrh, Gold and Frankincense as offerings to the Child Jesus in Bethlehem. These three offerings are full of meaning and in keeping with the whole symbolism of the Festival celebrated on the 6<sup>th</sup> of January. Exoterically, the date itself throws some light; esoterically, the Festival is pregnant with meaning. The 6<sup>th</sup> of January is the same date as that on which, in ancient Egypt, the Festival of Osiris was celebrated, the Festival of the re-finding of Osiris. Osiris was overcome by his enemy Typhon: Isis seeks and eventually finds him. This re-finding of Osiris, the Son of God, is represented in the Festival of the 6<sup>th</sup> of January. The **Festival of the Three Kings** is the same Festival, but in its Christian form. This Festival was also celebrated among the Assyrians, the Armenians and the Phoenicians. Everywhere it is a Festival connected with a kind of universal baptism — a rebirth from out of the water. This in itself points to the connection with the re-finding of Osiris.



**Twelfth Night** is also a festival, in some branches of Christianity marking the coming of the **Epiphany**. Different traditions mark the date of **Twelfth Night** on either 5<sup>th</sup> January or 6<sup>th</sup> January; the Church of England, Mother Church of the Anglican Communion, celebrates **Twelfth Night** on the 5<sup>th</sup> and “refers to the night before Epiphany, the day when the nativity story tells us that the three wise men visited the infant Jesus”. In Western Church traditions the Twelfth Night concludes the Twelve Days of Christmas, although in others the **Twelfth Night** can precede the Twelfth Day. Bruce Forbes wrote that “In 567 the Council of Tours proclaimed that the entire period between Christmas and Epiphany should be considered part of the celebration, creating what became known as the twelve days of Christmas, or what the English called Christmastide. On the last of the twelve days, called Twelfth Night, various cultures developed a wide range of additional special festivities. The variation extends even to the issue of how to count the days. If Christmas Day is the first of the twelve days, then **Twelfth Night** would be on January 5, the eve of Epiphany. If 26<sup>th</sup> December, the day after Christmas, is the first day, then **Twelfth Night** falls on 6<sup>th</sup> January, the evening of Epiphany itself.”

In medieval and Tudor England, the **Twelfth Night** marked the end of a winter festival that started on *All Hallows Eve* — now more commonly known as Halloween. The Lord of Misrule symbolizes the world turning upside down. On this day the King and all those who were high would become the peasants and vice versa. At the beginning of the Twelfth Night festival, a cake that contained a bean was eaten. The person who found the bean would rule the feast. Midnight signaled the end of his rule and the world would return to normal. The common theme was that the normal order of things was reversed.

William Shakespeare’s play **Twelfth Night, or What You Will** was written (circa 1601) to be performed as a Twelfth Night entertainment. The earliest known performance took place at Middle Temple Hall, one of the Inns of Court, on Candlemas night, 2 February 1602. The play has many elements that are reversed, in the tradition of Twelfth Night, such as a woman Viola dressing as a man, and a servant Malvolio imagining that he can become a nobleman.

**Sourced at:** [www.google.com.au](http://www.google.com.au) search for: festival of the three kings, [http://en.wikipedia.org/wiki/Twelfth\\_Night\\_\(holiday\)](http://en.wikipedia.org/wiki/Twelfth_Night_(holiday)) and <http://wn.rsarchive.org/Lectures/Christmas/19211226a01.html#sthash.Spe5QyUa.dpuf>



# News from the Hostel

Kathy Gasper,  
Diversional Therapist

**As I once again sit and reflect on the last 3 months I can look back with pleasure at what the Diversional Therapy team (as in Vicki and myself) has achieved.**

December is always one of our busiest months with so much going on. We welcomed again the students from Berowra Christian Community School who sang us carols and played their music pieces to the delight of the residents. We had a night tour of Christmas lights, the enjoyment of our combined residents' Christmas lunch and *Carols* by (battery powered) *Candlelight*. New Years Eve celebrations were also observed where we looked at various traditions from around the world and also looked back at 2014 for Auld Lang Syne and remembered our friends from the past year whilst reminding ourselves of the friendships and fellowship we have here at CHRV. Anna celebrated her birthday in December as well.

With both Vicki and I taking some time off for holidays in January we were very pleased to have Jeanette be able to fill in for us. Jeanette came here for student placement from TAFE last year and is now a fully qualified Recreational Officer. As usual, Tennis and Cricket were watched with great intent on the big screen however Australia Day was suitably observed with a proper meat pie for lunch (not mentioning any particular brand however the name does have a 4 in it!), lamingtons, fun and games in the afternoon of the 27<sup>th</sup> of January. This included the inspired game of knock-over-the-(large)-beer-cans-with-a-thong. We said happy birthday to Tom and Minnie.

February saw us welcome back Mark Buckle to give us Part 2 of *the History of Hornsby Hospital* which had been eagerly anticipated by the residents especially those who have lived in the Hornsby area for most of their lives. We continue to provide two bus trips per week although this can bring some challenges such as being able to find a suitable park or venue with easy parking and access. Monthly trips to a shopping centre enable the residents to buy some personal choices or a few luxury items and visiting different parks gives residents the opportunity to enjoy the great out doors. Balcombe Park in Wahroonga is a great favourite when it is not too hot. Vicki and

I continue to strive to provide residents with leisure and activities that support their own personal choices and reflect personal interests.

There have been some comings and goings at the Hostel and we welcome Joyce Harrup, but once again I have the sad privilege to inform you all that another four residents have passed away: Nola Diedrich, Jule Moore, Helen Wardrop and Fred Hieke. We extend our sympathies to their families and friends and are thankful that they shared their lives with us for a time.



Helen Wardrop



Nola Diedrich



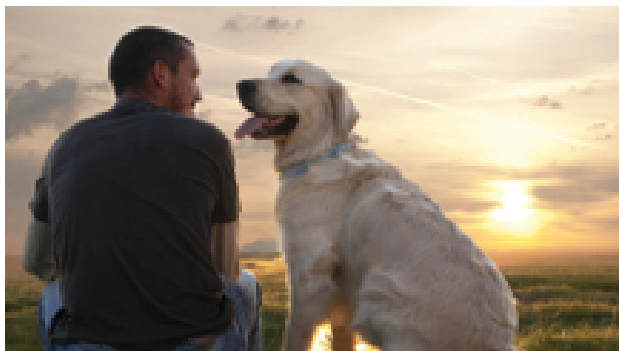
Fred Hieke



Jule Moore

# EATING IN THE 50's & 60's

Pasta had not been invented, at least in Australia.  
 Curry was a surname.  
 A takeaway was a mathematical problem.  
 A pizza was something to do with a leaning tower in Italy.  
 Bananas and oranges only appeared at Christmas time.  
 All crisps were plain; the only choice we had was whether to put the salt on or not.  
 A Chinese chippy was a foreign carpenter.  
 Rice was a milk pudding, and never, ever part of our dinner.  
 A Big Mac was what we wore when it was raining.  
 Brown bread was something only poor people ate.  
 Oil was for lubricating, fat was for cooking.  
 Tea was made in a teapot using tea leaves and never green.  
 Coffee was Camp, and came in a bottle.  
 Cubed sugar was regarded as posh.  
 Only Heinz made beans.  
 Fish didn't have fingers in those days.  
 Eating raw fish was called poverty, not sushi.  
 None of us had ever heard of yoghurt.  
 Healthy food consisted of anything edible.  
 People who didn't peel potatoes were regarded as lazy.  
 Indian restaurants were only found in India.  
 Cooking outside was called camping.  
 Seaweed was not a recognised food.  
 "Kebab" was not even a word never mind a food.  
 Sugar enjoyed a good press in those days, and was regarded as being white gold.  
 Prunes were medicinal.  
 Surprisingly muesli was readily available, it was called cattle feed.  
 Pineapples came in chunks in a tin; we had only ever seen a picture of a real one.  
 Water came out of the tap, if someone had suggested bottling it and charging more than petrol for it they would have become a laughing stock.  
 The one thing that we never ever had on our table in the fifties was elbows!



Be the person your dog thinks you are.



**Edith Ireland  
 celebrating her  
 95<sup>th</sup> birthday!**

## Work Health & Safety Corner (WH&S)

**Milan Telford, CEO**

Workers are required to take reasonable care for their own health and safety at work and to make sure that what they do, or fail to do, does not put others at risk.

Workers are also required to follow all reasonable instructions

that are given to them at the workplace and must also follow all policies and procedures the PCBU has in place and that they have been made aware of. These duties are really the common law duty of care made as a statutory duty under the WHS Act.

Others at the workplace have exactly the same duty as workers to take care of themselves and others and to follow any reasonable direction.

Next Issue – what is **'reasonable care'**.

**Farewell poem written by Arielle  
aged 8, on the death of her pet dog Spike**

Spike you have been A really good  
dog to me you were really  
Special to Every one especially  
my friends sister and Pauline  
and Jada she was your real  
Owner so I have A little poem  
for you

---

Nice Spike I like my  
Spike With my bike  
I miss you spike  
When I am riding my  
bike. Sliding around on the  
ground I hit a mound  
where you were found.  
flowers rest where you  
now lie, I say bye bye  
Love Ari  
XOXOXOXOXOXOXOXOXOXO  
19\2\15

## Easter Morning Sun

*René de Monchy, Mount Selinda  
Mission Hospital, Zimbabwe, 4/4/99*



God help us to change.  
To change ourselves and to change  
our world.  
To know the need for it. To deal  
with the pain of it.  
To feel the joy of it.  
To undertake the journey without  
understanding the destination.  
The art of gentle revolution.  
Amen.  
*Leunig*



# Calendar of Events

## February

16

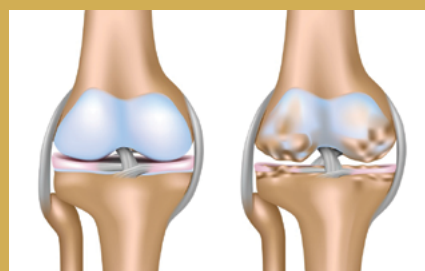


Painting with Diane Watkin. Continuing with watercolour techniques. Fortnightly until Easter.

18

Talk: Cornwall – land's end or beginning? Presenter Wolfgang Devine at 2.30pm in the Hostel lounge room.

25



Talk: Osteoarthritis: what can we do? Presenter Wolfgang Devine at 2.30pm in the Hostel lounge room.

## March

2

Monday "Movie" – this month, a presentation by Milan will be given instead of the usual movie.

4



Talk: Lake Eyre – Presenter Wolfgang Devine at 2.30pm in the Hostel lounge room.

11



Talk: Amy Beach, American romantic composer & pianist – Presenter Wolfgang Devine at 2.30pm in the Hostel lounge room.

17



Singer/entertainer Bob Brown will perform in the Hostel lounge at 2.30pm.

## April

7

Easter concert – Jacqui Ciddor & Friends – piano and flute pieces. At 2.30pm in the Hostel lounge room.

14

Talk and photo presentation on Camino to Santiago de Compostella pilgrimage by Jolyon Bromley — in the Hostel lounge room at 2.30pm.

Please check our website for talks and presentations in May at [www.christophorushouse.com.au](http://www.christophorushouse.com.au)

Contact Monika on 9476 3161 ext 2 beforehand to confirm times and dates as changes may occur due to unforeseen circumstances.

### Regular Events - enquiries Monika

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

**Monday Movies** are held in the Cottage. For dates and movie title, please call the office.

**Music with Rowlanda** is on Mondays and Fridays at 1pm.

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

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

**Self Care Residents' Meetings** are held every three months.

**Footbath/Leg Massage Therapy** is fortnightly on Fridays.