

Autumn 2017

Newsletter nr 1



Christophorus House
Retirement Village

CONTENTS

Editor's Letter	2
Maintenance Matters	2
Acknowledgements	2
From the desk of the CEO	3
News from HF House	4
In Memoriam:	
Remembering Bill Arndell	5
Feature: Music in Development	6
Reflections	6
Work Health & Safety Corner	7
Poetry: Silence - Judith Wright	7
Calendar of Events	8

Cover photo: the newly renamed Hostel,
Helga Forster House



Baby Tawny Frogmouth owl

Maintenance Matters

*Report by Hayden Ibbett,
Maintenance Supervisor*

Hot! Hot! Hot! Did I mention it was hot, with many days the temperature going about 35° and some above 40°?

This really tested our cooling system and overall our residents were able to keep cool. All ILU and Helga Forster House rooms have their own air conditioner units and two new units were

Editor's Letter

Dear Residents, Members and Friends

We're already into the first quarter of the New Year and so much has shaped life in and around our Village. Back in November last year our facility was renamed Helga Forster House. Included in this issue is a special feature insert about this event. Of course, December was busy with all the Christmas preparations and celebrations which included the combined residents Christmas lunch. The after-lunch entertainment featured an accomplished young singer named Ivana Pasovicova who delighted residents with her beautiful soprano voice as she sang both classical and modern pieces. It was very special indeed. One of our long-time facility residents, Bill Arndell,

passed away on 1st of January. Bill celebrated his 100th birthday in March 2016. He was a special man and much liked by residents and staff alike. We share with you some of his remarkable life in this edition. Just as we thought we'd survived the heat of December and January, we also had to cope with the huge downpours! So much rain – however no one has complained as it's been good for the gardens; and don't they look great! One of our residents, Irene, made a happy and successful transition to our facility late last year and we are looking forward to welcoming a new resident in the near future. I'm looking forward to my work this year – it's shaping up to be quite a busy one again. Until next time, good wishes.

Monika Bebb
Self Care Liaison Officer

installed in rooms in HF House due to breakdowns. The cost to repair them and the age of the units determined the need to install brand new ones which is the case with some of the older air conditioner units throughout the village. The extreme heat certainly tested our beautiful gardens but with Jason's diligence, hard work and the new installed soaker hoses plus the residents' attention to watering regularly, it's helped the gardens survive. Thank you to everyone's efforts.

All buildings throughout the village have had external soft washing carried out. Mould, built-up dirt and grime has been removed as well as rejuvenating the paint work and protecting surfaces from deteriorating, not to mention the aesthetics of course! Car spaces divisions, bollards, speed humps etc have been re-marked. This will help make parking and traffic clearer and more visible for residents and visitors alike. So, until next time, take care.

Christophorus House Retirement Village

ABN 32 001 781 013

Registered Office: 396 Peats Ferry Road,
Hornsby NSW 2077

Postal Address: PO Box 3198,
Asquith NSW 2077

Village Email:

mtelford@christophorushouse.com.au

HF House Telephone: (02) 9476 3161

HF House Fax: (02) 9987 0212

HF House 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

HF House 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; **HF House Manager:**

Denise Zhao; **HF House 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

I have resisted writing a letter to New Development waiting list potential residents, in the hope that I would have secured finance for the project by now, and now that this is the first newsletter for the calendar year, it is just as efficacious to communicate to all of you on the waiting list here. I have all but exhausted the first tier banks in terms of approaching them for finance.

Following the decision that was made, to re-tender the Builder contract, the original finance which we had secured, ended up lapsing and in the process forced our hand, where otherwise prior to signing the loan documents, we would have under-taken a final due diligence, and the finance package, which would have required CHRV to input \$2.8M for construction costs and for 'other consultants' a further \$850,000, would there-by have to have been rejected, as being an amount of equity that exceeded what was practically possible to

input. CHRV has already paid for the land and WIP on the project, bringing our equity input for the project thus far, up to \$4.8M.

Today, we have the Mildred Street properties where the development is to be built, valued anecdotally between \$7M and \$10M, (that is the security value for the loan finance sought), and the approach we are taking is to stage the development; that is, build each building, one at a time, and hence only need to finance in total \$8.5M for the first building, with an equity contribution for construction by CHRV of \$2.0M, there-by requiring \$6.5M finance from a financier, ($\$8.5M - \$2.0M = \$6.5M$) with pay-back within 14 months. This however seems to be too risky for the first tier banks to handle and they cannot see that the risk is mitigated by the fact that we have 24 people who have been waiting on a waiting list (was 28 originally) for some years now, to buy in.

Currently talks are being held with three parties, one of which is a first tier bank lender and the other two, second tier lenders, (meaning a higher cost of finance). Other avenues are also being pursued. We will ultimately obtain finance, perhaps following the change in the lending landscape environment, where it appears that the 'heat' in the building market appears to have resulted in record lending and banks appearing to have reached their maximum (full) book

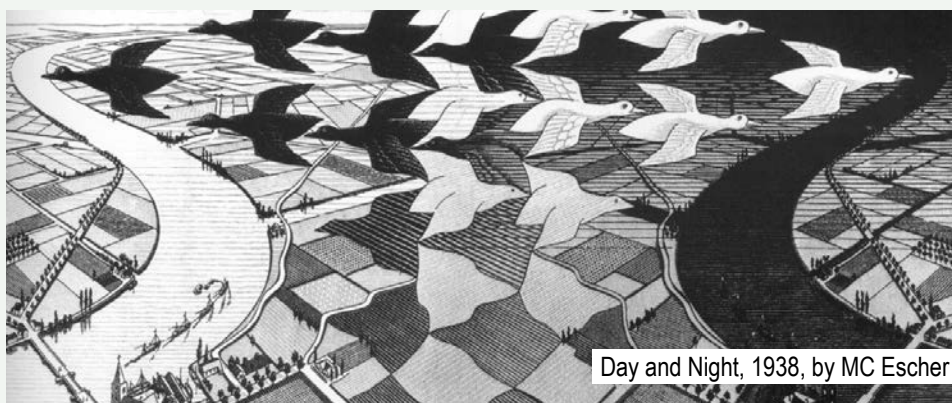
debt level, that they deem to be comfortable with.

Honouring Helga Forster; renaming the Hostel to Helga Forster House

Together with this Newsletter, is a special newsletter which details the afternoon events at the re-naming ceremony of the Hostel, in honour of Christophorus House founder, Helga Forster, for those who were unable to be present, and as a special historical record of the day. Robert Allerdice our Chairman of the Board spoke a few words on the history and reason for changing the name and guest speakers were Dr. h.c. Karl Kaltenbach OAM and Board Director, John Shaw, Barrister in Law.

The unveiling of the name plaque which can be viewed now on the northern wall of the Helga Forster House, was undertaken by our oldest resident, the late Mr Bill Arndell and our youngest, and at the same time longest resident (since 1983 in residence – 'yes no mistake'), Mr Gordon Allerdice. The occasion was followed by the usual, highly acclaimed social event at the end, with refreshments supplied by our Cook and kitchen staff. All in all, another wonderful occasion in the life of Christophorus House, meaningfully paying tribute to our founder Mrs Helga Forster.

Milan Telford



Day and Night, 1938, by MC Escher

The spiritual life

The spiritual life is lived in a balance of paradoxes, and the humility that enables us to hear the truth of others must stand in creative tension with the faith that empowers us to speak our own.

Parker J. Palmer

News from HF House

*Kathy Gasper,
Diversional Therapist*



Firstly, I would like to thank all the staff and families who helped to make all of our Christmas celebrations so enjoyable. We especially appreciate those of you who were able to come to our Carols night. Residents also enjoyed our annual night tour of Christmas lights with both Hornsby Heights and Berowra putting on a great show for us. Berowra Christian School also came at the beginning of December and sang with great joy to the hostel residents. We celebrated Anna Halasz' birthday in December and Tom Mulvogue and Dorothy Fifer in January.



As we swelter away at the end of summer, it seems that autumn will never come! Here in the Hostel we are always mindful of making sure that residents stay cool. This has presented some challenges so far

this year for bus outings. Last year I sang the praises of going down to the beach, Mona Vale mostly,



to enjoy the nor'easter breeze. However it has proven to be such a hot season that even on the coast there has been no escaping the heat. We have had a few very enjoyable trips even so with Lane Cove National Park giving us some wonderful encounters with wild life which included a veritable "lounge" of lizards. Yes, apparently a lounge is the collective noun for lizards. Actually, they were water dragons and incredibly tame.



One person who used to really enjoy going on bus trips was our dear friend Bill Arndell, who at the great age of 100 and 9 months and having lived in the Hostel for 10 years, drew his last breath in this life after seeing in the New Year. He was an inspiration to many of us who had the privilege of knowing him.



To Truly know the world

"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

Remembering Bill Arndell

*Kathy Gasper
Diversional Therapist
Helga Forster House*



Bill Arndell had a rich and proud heritage being a descendent of one of the 1st Fleets' assistant surgeons, Thomas Arndell. Thomas was a prominent person in the colony accompanying Watkin Trench on an expedition in 1789 where they discovered the Nepean River. He was in charge of the Rose Hill (Parramatta) hospital and was the first officer to receive land grants in the new colony, at

Parramatta, Pennant Hills Dundas and Cattai. This land in Cattai remained in the Arndell family (and was Bill's childhood home) right up until the 1980's when it was taken over by National Parks and Wildlife. Thomas served as a magistrate in the Hawkesbury area and organised relief for the settlers during the 1806 floods.

The first regular church services in the Portland area were held in Thomas' home and he also paid 5 pounds per annum to the Ebenezer School and Presbyterian Church. The church in Ebenezer is the oldest in Australia in which regular services are still held and it was to this church that our dear friend Bill requested his funeral service be held. Bill was laid to rest alongside his wonderful wife and dearly loved son Jonathon in the attached cemetery.

Bill in his own way carried on the legacy of service and love that his forebear had demonstrated serving in the NSW police force and rising to the equivalent of head of Highway Patrol in NSW. Bill was also a lifetime member of Ryde Denistone Bowling Club. He was

a passionate Rabbito's supporter and admirer of Don Bradman. Bill was also a good friend to many



people who still came to visit him right up until his last days. I think it shows the measure of a man when you've reached the ton, and people still want to hang out with you. I think this is because he had a magnificent sense of humour, was truly interested in what you had to say and he always remembered your name. Knowing Bill Arndell has been a privilege for many staff here at the hostel and the friends he made here among the many residents.

'Happiness is not ready made: it comes from your own actions of loving-kindness.'
Dalai Lama

God's Plan for Ageing

Most seniors never get enough exercise. In His wisdom, God decreed that seniors become forgetful so they would have to search for their glasses, keys and other things ... thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom, He made seniors lose co-ordination so that they would drop things, thus requiring them to bend, reach and stretch. And God looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature requiring more trips to the bathroom, thus providing more exercise. God looked down and saw that it was good.

So if you find as you age you are getting up and down more, remember it is God's Will. It is all in your best interest even though you mutter under your breath.



(Philosophies) God's Plan for Aging.doc
Submitted by Len, May 2016

Music in Development

Wolfgang Devine, Music Therapist - May 2016

Many people expect music to be enjoyable, pleasing and nourishing. However, that is usually the case in regard to what one is used to listen to. Music therapy often addresses the habitual feeling life to sooth the soul or to find expression for words that someone needs to voice. Another approach to music therapy would be to give basic sound experiences on a very carefully chosen instrument so that the created tone, interval or melody can reverberate and put order in one's life as well as in the physical body. I have chosen to work with the biography of musicians and give examples of their piano compositions, mainly from the turn of the 20th Century (late romantic and early modern). For most people, this is new, even bringing them to the edge. Thus I aim to open up (spiritually) for new experiences as well as an understanding of modern struggles: "Where are we at **now**?"

It is hard to define modern music or where culture in general is heading as both seem to disintegrate. 300 years ago music was in a transition as well; where "old" music and "new" music were able to co-exist. The old music – having developed about 300 years earlier from the unison Gregorian chant – was music of polyphony, still mainly vocal. The emphasis was on the flow of melodious lines, harmony was a result and stayed in a modal mood ("Fifth Mood"; etheric, thinking). New music, in Baroque, became more instrumental, orchestral (excluding many old instruments and developing others further), combining words more realistically with the melody, creating the well-tempered tuning and a new harmonic system of major and minor (Third Mood, personal feeling), the basso continuo and new music forms (Sonata, etc.). Music was less heavenly, more earthly, becoming very personal. This development went from Baroque to Classic to Romantic. It starts do dissolve in Impressionism and Expressionism. As once in 'old' music the melodious interweaving seemed to have come to an end ("all done"), so now the harmonic possibilities of our major-minor-system with its modulations have been

exhausted. We needed something other than based music based on a Third (feeling).

Music in the 20th century tried to overcome the developmental crisis by

- creating music based on fourths and seconds (in common ears "dissonances");
- creating 12-note music without any interval preference;
- studying folk music and their different (non-tempered) scales;
- inventing new scales with 1/4- or 1/6-tone steps;
- creating rather rhythmically motivated compositions;
- using modern technology as recording, tone generation (synthesizer) and their acoustic effects;
- using noise presented as side effects of modern industrial technique;
- going to chance music instead of formed structures.

Most of these survival techniques were short lived, misunderstood by the public, and existed only as the expression of seeking mind or, for a while, as a fashion. Perhaps the task was not to create a new system, but to create openness. Simultaneously as this 'crisis' developed, we have the historically most important (spiritual) event at the end of Kali Yuga (the dark age) with the possibility to experience again the spiritual world. One sign for this is the emergence of Anthroposophy as a public path (Rudolf Steiner). But this spirituality is not in the least meant to flee the world, rather it works deep into the will and aims to transform the world combining the spiritual with the earthly and vice versa (the Ascension gesture). This requires not just Inspiration or Personality, but the working together in Communities (Whitsun quality). That might mean that modern art/music is no longer the task of a specialist (composer), but more of a team or community which is experiencing and transforming in the 'act'. You can imagine the difficulties to make that work!

Gregorian 13	"old" music 00 16	"new" music 00 19	Modern 00
Unison	Polyphone	Harmonic	
Voice	Voice	Instrumental	Noise?
Etheric	Thinking	Feeling	Will
Modes	Modes harm	Major-Minor	?dissonance?
Fifth Mood	[Fifth/fourth Mood]	Third Mood	
Anonymous	Schools	Individuals	?community?

Work Health & Safety Corner (WH&S)

Milan Telford, CEO

Transport company fined
\$220,000 after worker suffers
head injuries
Media Release | 02/03/2017

Transport company Tamex Transport Services Pty Ltd has been fined \$220,000 after a truck driver suffered head and back injuries in an incident at their Beresfield depot in 2014.

The incident occurred on 28 February 2014 while the driver of a semi-trailer who was delivering freight to the depot was assisting with the unloading of his truck. The truck driver was standing at the rear nearside of the semi-trailer undoing a load restraint strap within two metres of a forklift when he was struck in the head by a freight cage door that fell as it was being removed from the mezzanine level of the trailer by the forklift. The truck driver suffered serious and permanent head and back injuries in the incident.

SafeWork NSW charged Tamex Transport Services Pty Ltd with a breach of sections 32/19(1) of the Work Health and Safety Act 2011 (NSW). SafeWork alleged that Tamex failed to ensure, so far as is reasonably practicable, the health and safety of workers, in particular the truck driver, by failing to take measures to eliminate or minimise the risk to workers.

Tamex Transport Services Pty Ltd was found guilty in the NSW District Court and fined \$220,000. Executive Director of SafeWork NSW, Peter Dunphy said the incident could have been prevented if the business had implemented and enforced a traffic management plan in relation to the loading and unloading of trucks by forklifts.

"Forklifts are a high risk mobile plant and incidents often result in serious injuries," Mr Dunphy said.

"Between July 2012 and July 2014, 1,360 workers were injured, including five fatalities, at a cost of \$15.8 million to the NSW workers compensation scheme." Under work health and safety laws, businesses must have traffic management plans to reduce the risk of forklift incidents. "In this incident Tamex Transport failed to implement and enforce a traffic management plan and provide appropriate training to workers. "They also failed to implement and enforce a system for securing cage doors while being transported, loaded or unloaded from trucks; and failed to conduct adequate and regular inspections to verify that safe procedures were being followed."

"Tragically a truck driver has suffered permanent injuries in an incident that could have been prevented."

Poems

Silence

by Judith Wright

Silence is the rock where I shall stand.
The silence between this and the next breath,
That might be—is not yet—death;
the silence between lover and lover
that neither flesh nor mind bridge over;
the silence between word and word,
in which the truth waits to be heard;
the silence between world and world
in which the promise first was sealed;
the heart's silence between beat and beat,
in which myself and silence meet.
Silence is the rock where I shall stand.
Oh, when I strike it with my hand
may the artesian waters spring
from that dark source I long to find.



Calendar of Events

March

1



Alexandre Tansman, Polish composer

8



The sense of smell

15



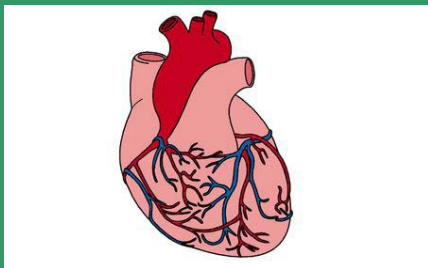
Rembrandt's drawing and the story of the return of the prodigal

22



STAFF TRAINING – no talk

29



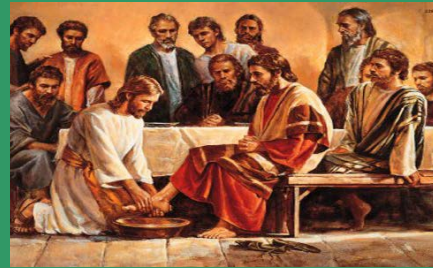
Organ transplant – what is the connection to body and organs living in and with us? What essence of the other do we carry? (Viewed from a holistic/ alternative perspective.)

April

5

The Sense of Hearing

12



Washing of the Feet - Passiontide

19

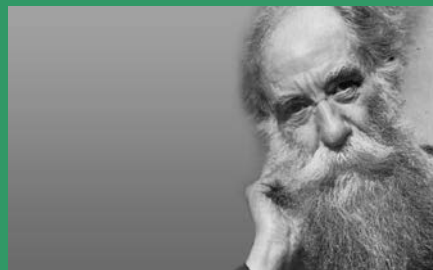
Resurrection – The Easter Message

26

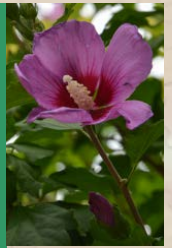
ANZAC Day service

May

3



Charles Koechlin, French composer.



Regular Events enquiries: Monika (02) 9476 3161

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

Scrabble & other activities take place in the Evelyn Latter Room during the week.

Music with Rowlanda in the lounge on Mondays and Fridays.

Board Meetings are held monthly on the third Monday.

Weekly Footbath/Leg Massage Therapy with Ian in the upstairs lounge.