

# Summer 2015

## Newsletter nr 4



**Christophorus House**  
Retirement Village



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Cover photo: Flowering gum with lorikeet



## Editor's Letter

With Christmas just around the corner, it's a flurry of activity here at Christophorus House! Preparations are well underway for our annual Carols by Candlelight in the Hostel lounge room and this year we are delighted to welcome the Alumni Choir with musical director Theodore Lillicrap leading the choir. They will be accompanied

by Christian Lillicrap on the piano. We are looking forward to this wonderful event and hope many of you are able to join us.

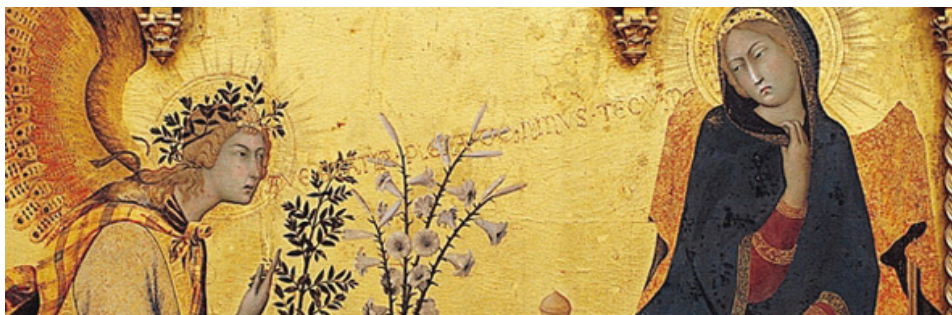
In this issue, the CEO Milan Telford has a special Christmas message. A passage on the deeper meaning of gift-giving is thought-provoking and inspiring, especially as we are in a world obsessed with spending! We offer some historical facts on Three Kings Day and also an article on knowing how to look after your eyes with some helpful tips on maintaining these precious "jewels"! We have some humorous pieces which will no doubt make you laugh. Our weekly talks and events on the back page will keep you informed on what's coming up. You can also check our website for up-to-date

events. A reminder we have a wide selection of books by Rudolf Steiner in our library as well as other interesting anthroposophical and other authors. Please feel free to contact me if you wish to browse on weekdays – I look forward to meeting you.

**To all our readers: may this Christmas end the present year on a cheerful note and make way for a fresh and bright New Year. Wishing you a very special, safe and happy Christmas.**

*If you have a story, an article or poem to share for the next issue, please email me at [mbebb@christophorushouse.com.au](mailto:mbebb@christophorushouse.com.au).*

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



## Maintenance Matters

*Report by Hayden Ibbett,  
Maintenance Supervisor*

Is it that time of year already? I have been busy, as usual, with day-to-day maintenance audits and jobs that arise. No sooner have I finished cleaning the gutters of all the buildings when I need to start again from the beginning! It's like painting the harbour bridge. There are no major issues to report at this

time. I am busy preparing for the December audits which is always a busy time with extra jobs that need completing on a yearly basis, such as the test tagging of all electrical items throughout the Hostel. A pest control was carried out in early November and a decision to not replenish rodent bait stations will be closely monitored. Provided no food scraps are left out, there should be no problem with vermin.

As we're nearing the end of the year, I wish you all a merry Christmas. I'm looking forward to some time off with my family over the Christmas holidays so will see you in the New Year.



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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. **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](mailto:mbebb@christophorushouse.com.au)**

# From the Desk of the Chief Executive



For all those waiting on news of our commencement of construction of the new ILU, at this time, the finance package to do what we want to do is not yet in our grasp. After 7, nearly 8 months, the offer (approved by the Credit Department) made by our banker was inadequate and could not be accepted. We are now forced into staging the development and more delays for finance. The delay has had consequences for the project and I intend to write to all those who are still patiently waiting for the construction to commence, in the very near future and organise a meeting. At the time of writing this message, I am awaiting information which will signal the next step. I should like to apologise to all those on our waiting list for this unfortunate time delay and thank you for being patient; we shall all eventually prevail.

## Christmas Message

During special festival times, many people seek out places of worship, to once again connect with that which is of the essence of their souls and spirit, the spiritual world. Some people of course do this each Sunday and some faiths daily (given that those that dedicate their entire lives to spiritual pursuits to the exclusion of all else, do not as a possibility, contribute fully to worldly life). The sacrament that one pursues, weekly or at festival time, which fills us with a basis on which to live our lives, should really become one with our daily life of work, rest and play; it should not be separate from it. So for example, the impulses one feels, at a time such as Christmas, are impulses that one should bring to one's daily activities of life, from morning to night – the physical world routines and what lies living within our hearts and minds, should not be two separate matters.

It is only the materialistic age in which we live in (one which is necessary and has its proper place in world evolution) that makes it harder to unite spirit within, with our everyday life without. We live generally today, because of the age we live in, separated from our roots and it takes an enormous effort to be a good citizen of the world

and at the same time, to ensure not to neglect our spiritual origin and connections, which most of us sadly do, albeit not intentionally – we just get caught up in our everyday lives. Christmas should be a time of reflection - we reflect on the momentous occurrence of an event that signalled a new stage in the spiritual development and evolution of mankind (Christianity is only at the beginning; it may be for some, a religion, but it is greater than all religions; it is a fundamental force in civilisation); we can reflect on those around us that are important to us and that we love, we can look wider afield and pray/meditate (not for ourselves but for other noble pursuits in the world) and see aright the world, not as it is presented to us in flicking pictures on a TV screen, or in syndicated news radio, but for what is truly happening in the actions and deeds of people and leaders. The world around us is all of our own making; whilst forces work as an undercurrent in world events, it is up to us, our moral judgement, to connect with those forces that promote man's future evolution for the positive and not those that seek to bind us further and deeper into materialism; this takes right thinking, right feeling and right willing.

**Milan Telford**

## Reflections

"Taken as a personal name, 'Gift' is proper to the Holy Spirit. To understand why, reflect that a gift, according to Aristotle, is literally a giving that can have no return, that is to say not given with repayment in mind and as such denotes a giving out of good will. Now the basis of such gracious giving is love; the reason why we give something to another spontaneously is that we want good for him. And so what we give first to anyone is the love itself with which we love him. Clearly then, love has the quality of being our first gift; through love we give all other loving gifts.

Since, then, as shown, the Holy Spirit comes forth as Love, he proceeds as being the first Gift. So St Augustine teaches that 'through the Gift Who is the Holy Spirit, the many individual gifts are distributed to Christ's members'.

### St Thomas Aquinas

Quoted in 'Conversations on Counselling between a doctor and a priest'



# News from the Hostel

*Kathy Gasper,  
Diversional Therapist*

There have been many comings and a going at the Hostel since the last newsletter. First we have welcomed 6 new residents into our family. Niki, Shirley, Evelyn, Dorothy, Wendy and Norman have all decided to call Christophorus House their new home and we are delighted to have the enjoyment of getting to know them. We also have had the great honour of celebrating the 100th birthday of Elsie Blair at the beginning of November. However this has also come with some sadness as Elsie departed this life the next day. Elsie had a wonderful day and was in good spirits, with her family joining her here at the hostel for a party. She, of course, received letters from Her Majesty (a really lovely card) and all relevant political figures in the lead-up to her special day. I will miss having a friendly and lively discussion with Elise every Friday when we played word games – she really disliked American spelling.

Residents also enjoyed two special bus trips to Pennant Hills High School to attend the Year 12 Farewell Concert as well as a special morning tea at Asquith Boys High just a few weeks ago. We do appreciate these schools making our residents feel so welcome. In September we went to visit Wisteria Gardens in the grounds of Cumberland Hospital and had a special camp fire day for those residents who enjoyed the



outdoors and camping in their early years.

Greg Dimmock came to entertain us in October and was very well received and after celebrating Joan Russell's birthday at the end of October it was all hands to the pump for one of the most popular days on our leisure calendar – Melbourne Cup. As usual, Vicki out does her self, with those crafty amongst the residents making special ties for each man and every lady having a beautiful fascinator to adorn their head. Bob our chef made a special lunch and most residents enjoyed a little tippie before the racing started. Two sweeps were organised and extras fun was had in the form of some horse racing games. After a distinct lack of cooperation from the snails the other year, they were not called upon again to offer their services.

Finally I must make special mention of one of the hostel resident who



has a very generous nature. Joan Brandt is a craft whizz and has been sewing beautiful dolls' clothes for many years which she would send over to the Save The Children



shop in the UK. As this is no longer viable for her to do, we looked for another outlet for her marvellous creations. I am so pleased to say that the Red Cross, who set up a stall in Hornsby Mall on Tuesdays, were completely bowled over when I presented them with over 70 outfits for Barbie dolls and a box crammed full of repurposed greeting cards all made by Joan's loving and clever hands. We honour your beautiful heart Joan.

## Amusing Asides

### Stopped at 2AM by the Police

Ron Chestnut, 89 years of age, was stopped by the police around 2 am and was asked where he was going at that time of night. Ron replied, "I'm on my way to a lecture about alcohol abuse and the effects it has on the human body, as well as smoking and staying out late." The officer asked, "Really? Who's giving that lecture at this time of night?" Ron replied, "That would be my wife."

### Beyond Facebook...

Presently, I am trying to make friends outside of Facebook while applying the same principles. Therefore every day, I go down on the street and tell any passer-by what I have eaten, how I feel, what I have done the night before, and what I will do after. I give them pictures: of my wife, my daughter, my dog and me gardening and spending time in my pool. I also listen to their conversations and I tell them I love them. And it works: I already have 3 persons following me: two police officers and a psychiatrist!

## Three Kings Day - Epiphany

Until 353 AD Christmas was celebrated on 6th January or "Three Kings' Day." As initiates, the Kings or Magi deciphered the script of the stars, foretelling a unique birth that serves as archetype for the awakening of the higher self in all human beings. The Three Kings (or Wise Men/Magi): Caspar, Melchior and Balthazar, saw, on the night when Christ was born, a bright star, followed it to Bethlehem and found there the Christ child and presented the child with gold, frankincense and myrrh. These gifts signify three aspects of the human soul: gold (wisdom), frankincense (intuition), and myrrh (love).

The history of Christmas (25th December - the festival of the nativity of Jesus Christ) is intertwined with that of Epiphany (6th January). The commemoration of the Baptism (also called the Day of Lights, ie the Illumination

of Jesus) was also known as the birthday of Jesus, because he was believed to have been born then of the Virgin or reborn in baptism. In some records Christmas and Epiphany were referred to as the first and second nativity; the second being Christ's manifestation to the world.

In the fourth century, 25th December was finally adopted by the Western Christian Church as the date of the Feast of Christ's birth. It is believed that this change in date gave rise to the tradition of the "Twelve Days of Christmas." While the Western Christian Church celebrates 25th December, the Eastern Christian Church to this day recognizes 6th January as the celebration of the nativity. 6th January was also kept as the physical birthday in Bethlehem. In the Teutonic west, Epiphany became the Festival of the Three Kings (ie the Magi), or simply Twelfth Day. On the evening before Three Kings, traditionally there were prayers, blessed dried

herbs would be burnt and their aromatic smell would fill the house. Doorways would be sprinkled with holy water and the master of the house would write with chalk C + M + B and the year above the house and say: "Caspar, Melchior, Balthasar, behütet uns auch für dieses Jahr, vor Feuer und vor Wassergefahr." ("CMB, protect us again this year from the dangers of fire and water.") C + M + B has traditionally been translated with Caspar, Melchior and Balthasar, however, according to the Church it stands for "Christus Mansionem Benedicat" (Christ bless this home).

The custom of the Star Singers, reminiscent of the travel of the Three Kings is still very much alive in Bavaria and Austria. Beginning with New Years and through 6th January, children dressed as kings, holding up a large star, going from door to door, carolling and singing a Three Kings' song.

**Monika Bebb**



## Poetry Corner

### The Three Kings

*Henry Wadsworth Longfellow*

And cradled there in the scented hay,  
In the air made sweet by the breath of kine,

The little child in the manger lay,  
The child, that would be king one day  
Of a kingdom not human, but divine.

*Note: "Kine" is old English for "cow"*

Home is not where you live but where  
they understand you.

*Christian Morgenstern*

"Behold...

I bring you good tidings of great joy."

~ Luke 2:10





# Maintaining Good Eye Health

*Don't take your eye health for granted. Protect your eyesight with these tips:*

## 1. Eat for Good Vision

Protecting your eyes starts with the food on your plate. Studies have shown that nutrients such as omega-3 fatty acids, lutein, zinc, and vitamins C and E may help ward off age-related vision problems such as macular degeneration and cataracts. Regularly eating these foods can help lead to good eye health:

- Green, leafy vegetables such as spinach, kale, and collards
- Salmon, tuna, and other oily fish
- Eggs, nuts, beans, and other non-meat protein sources
- Oranges and other citrus fruits or juices



Eating a well-balanced diet also helps you maintain a healthy weight, which makes you less likely to get obesity-related diseases such as type 2 diabetes. Diabetes is the leading cause of blindness in adults.

## 2. Quit Smoking for Better Eyesight

Smoking makes you more likely to get cataracts, optic nerve damage, and macular degeneration. If you've tried to quit smoking before and started smoking again, keep trying. Studies show that the more times you try to quit smoking the more likely you are to succeed.

## 3. Wear Sunglasses for Good Vision

The right kind of sunglasses will help protect your eyes from the sun's ultraviolet (UV) rays. Too much UV exposure makes you more likely to get cataracts and macular degeneration. Choose sunglasses that block 99% to 100% of both UVA and UVB rays. Wraparound lenses help protect your eyes from the side. Polarized lenses reduce glare when driving. If you wear contact lenses, some offer UV protection. It's still a good idea to wear sunglasses for more protection.

## 4. Look Away From the Computer for Good Eye Health

Staring at a computer screen can cause:

- Eyestrain
- Blurry vision
- Difficulty focusing at a distance
- Dry eyes
- Headaches
- Neck, back, and shoulder pain



Protect your eye health by taking the following steps:

- Make sure your glasses or contact lens prescription is up-to-date and adequate for computer use. Some people may need glasses to help with contrast, glare, and eye strain when using a computer.
- Position your computer so that your eyes are level with the top of the monitor. This allows you to look slightly down at the screen.
- Try to avoid glare on your computer from windows and lights. Use an anti-glare screen if needed.
- Choose a comfortable, supportive chair. Position it so that your feet are flat on the floor.
- If your eyes are dry, blink more.
- Every 20 minutes, rest your eyes by looking 20 feet away for 20 seconds. At least every two hours, get up and take a 15-minute break.

## 5. Visit Your Eye Doctor Regularly

Everyone, even young children, should get their eyes examined regularly. It helps you protect your sight and make sure that you are seeing your best. Eye exams can also find some eye diseases, such as glaucoma, that have no symptoms. It's important to find these diseases in their early stages, when they're easier to treat. Depending on your eye health needs, you can see either an optometrist or an ophthalmologist for an eye exam. Ophthalmologists are medical doctors who specialize in eye care. They can provide general eye care, treat eye diseases, and perform eye surgery. Optometrists have had four years of specialized training after

college. They provide general eye care and treat the most common eye diseases. They do not perform eye surgery. A comprehensive eye exam may include:

- Talking about your personal and family medical history
- Taking vision tests to see if you have nearsightedness, farsightedness, astigmatism (a curved cornea that blurs vision), or presbyopia (age-related vision changes)
- Tests to see how well your eyes work together
- Eye pressure and optic nerve tests to determine if you have glaucoma
- External and microscopic examination of your eyes before and after dilation

You may also need other tests, depending upon your particular case.

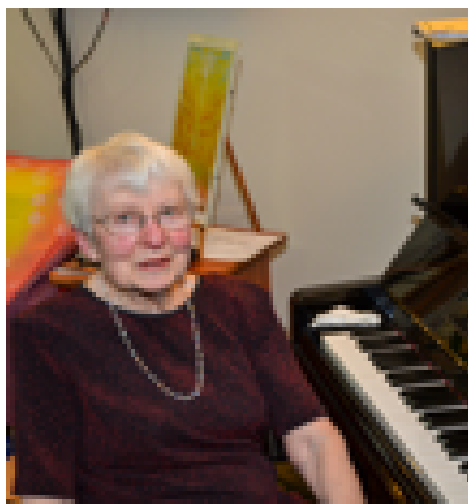
Sourced at: <http://www.webmd.com/eye-health/good-eyesight> and photos at <http://www.digitalhealthcarecentre.com>

## CONCERT - PIANO, FLUTE AND RECORDERS

with Jacqui Ciddor and Sue Thorvaldsen

### A concert for Residents and Visitors

22nd September 2015



Jacqui Ciddor has been gracing Christophorus House with the most exquisite concerts – going

back to the fundraising days in the 1970's in The Barn before the Hostel was built. Jacqui is a very sensitive accompanist and has accompanied singers, an oboist, flute and recorders, eurythmists and many others as well as being an accomplished soloist.

Sue Thorvaldsen teaches at Lorient Novalis School in Dural and also at the Berowra Primary School. She is an accomplished flute and recorder player.

It was as if angels had descended into the Hostel Lounge with the tones of an arrangement of a Bach Suite for piano and flute. Then came the rich tones of the solo treble recorder – birds twittered and sang – in the Telemann Fantasia. Following this was the high clear notes of the descant recorder in the Siciliana

of Sammartini and then came the plaintive and soulful tones of Gluck's Orpheus and Eurydice for flute and piano which filled our souls.

Jacqui brought us two solos: the first, the quintessence of Schubert – the 3rd movement of the last sonata, and together with this, Hayden: the last movement of Sonata 34. The afternoon concert ended with the soaring notes of Bach's Suite arranged for piano and flute.

Thank you, Jacqui and Sue, for your dedication to the art of music and Jacqui for your dedicated support of the cultural life at Christophorus House Retirement Village over many years.

**Rose-Marie van Hoogstraten**

### LAUGH till your face hurts

A man is looking for legal advice. He walks into a lawyer's office and asks, "Excuse me, how much do you charge?". The lawyer responds: "I charge \$1,000 to answer three questions." "Bloody hell, that's a bit expensive, isn't it?"

"Yes. What's your third question?"

Q: How do sick kangaroos get better?

A: they have a hop-eration!

Q: What kind of photos do turtles take?

A: Shellfies

Q: How do spiders communicate?

A: through the World Wide Web.

## Saying

Don't wish it were easier; wish it were better!



Sam the Tawny Frogmouth Owl - photo Ian Ross, Nov 2015

# Calendar of Events

## December

2



Talk: The story according to St Luke – preparation for the birth of Christ 2,015 years ago.

9

Talk: "Hark the Herald, Angels Sing" – knowing the song and its becoming (in preparation for Carols by Candlelight at 6.30pm in the Hostel lounge).

Carols by Candlelight in the Hostel lounge room. RSVP is necessary for catering purposes on 9476 3161 ext 2.

12



Christian Community service with Reverend Lisa Devine – in the Cottage at 10am. Please be seated by 9.50am.

16



Combined Residents Christmas lunch – residents only.

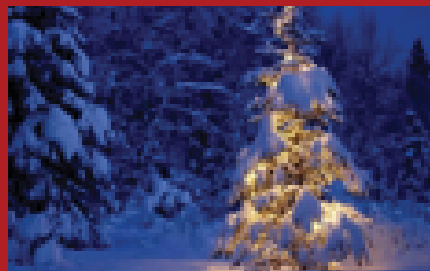
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Talk: General overview of Eight Harbour Trust Sites – speaker from the Sydney Harbour Trust at 2.30pm in the Hostel lounge. RSVP for seating purposes.

Image source: freedigitalphotos.net

## December - cont.

23

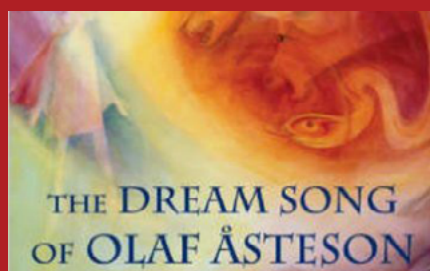


Talk: The Christmas tree – Adam and Eve Day – humanity's becoming.

24

Administration office closed.

30



Talk: The Dream Song of Olaf Aesteson – an ancient Norwegian story of the Twelve Holy Nights.

## January 2016

4

Administration office open.

For upcoming weekly talks in the Hostel lounge in January and beyond, please see our website at [christophorushouse.com.au](http://christophorushouse.com.au)

**Regular Events - enquiries Monika**  
Tel: (02) 9476 3161

**Hostel Lounge Room Talks** with Wolfgang Devine weekly on Wednesdays at 2.30pm. Check our website for topics or call Monika to enquire.

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

**Social Activity** is held in the Cottage on the first Monday of the month.

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

**Board Meetings** are held monthly on the third Monday.

**Footbath/Leg Massage Therapy** is held weekly now in the upstairs Hostel lounge. Visitors welcome - bookings essential. Phone 0400 430 830.