



**Christophorus House**  
Retirement Village



**Spring-Summer 2018**  
*Newsletter*

# CONTENTS

Editor's Letter	2
Maintenance Matters	2
Acknowledgements	2
From the desk of the CEO	3
News from HF House	4
Humour	5
Feature: Ways To Prevent Or Reverse Osteoporosis	6
Reflections	7
Poetry Corner	7
Calendar of Events	8

Cover photo: Crabapple flower



## Editor's Letter

Dear Residents, Members and Friends,

It's that time of year when we turn our thoughts to Advent and then Christmas - a time of reflection and anticipation! It's been a challenging year here at Christophorus House as we farewelled our Patron Dr Karl Kaltenbach OAM but we also look forward to celebrating this special time with our annual Carols by Candlelight and we welcome a visit by The Linnets choir with their The Magic of Christmas program. We hope you can come as it promises to be a wonderful event! Wishing you all a wonderful and special Christmas time. Until the New Year, Happy Christmas!

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



## Maintenance Matters

*Report by Hayden Ibbett,  
Maintenance Supervisor*

How the year has flown by with Christmas upon us already! We have been in the process of accommodating the changes with phone lines due to the NBN roll-out and opted to bypass having to use the NBN infrastructure and have a system in place to ensure our work lines will not be interrupted when the NBN gets to our area. As our current Nurse Call system is very dated it is a prompt to investigate further options and a likely upgrade

of a new Head End system which is the main central control unit for all calls. This will be installed early in the new year.

I have patched up several bad pot-holes down the main driveway which is a labour-intensive task that I am happy to see the end of, at least for now. A broken water pipe under our beloved topiary Christmas tree at the upper carport saw major works being undertaken but the diversion of water pipes enabled us to save the tree. After a big storm a few weeks back, a large tree crashed on to the roof of Unit 23, causing significant

damage. This was one of the very trees I had been pursuing the neighbour to have removed for about 4 years now. I sent a letter to the neighbour only 2 months ago accompanied by several photos detailing my concerns about the exact safety risks these trees pose as to what happened. I am currently dealing with the insurance company to have all the damage fixed as soon as possible. I had a meeting with the neighbour who has verbally agreed to have the remaining 8 dangerous trees removed – I am hopeful. Wishing you all a great Christmas!

### **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

**Facility Telephone:** (02) 9476 3161

**Facility Fax:** (02) 9987 0212

#### **Facility 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

**Facility Hours:** Staff on duty at all times, 7  
days per week (After Hours after 5pm:  
0403 575 079)

**Board Members:** Chairman Robert Allerdice,  
Sune Nielsen, Madeleine Pathe, John D  
Shaw, James Brown, Dr Roslyn Jones & Jane  
Ruehmkorff.

**CEO:** Milan Telford;

**Facility Manager:** Denise Zhao;

**Facility 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 4 or email  
mbebb@christophorushouse.com.au**

# From the Desk of the Chief Executive



**This year saw the passing of a great Australian and great Cosmopolitan Spirit, our Patron Dr Karl Kaltenbach, OAM. His life, in a nut shell, was to do with 'service to others'. He was truly a Christian emissary, in his life and work, thoughts and deeds. For this year's Christmas Message, I should like to relate some thoughts that Karl Kaltenbach has given on Christmas, as a tribute to him.**

"Were it not for the Christmas-Spirit being born anew in our "I", the Christmas of long ago would have died a thousand times"

*Angelus Silesius*

"Should Christ be born a thousand times in Bethlehem and not again in you, lost you stay forever more"

*Karl Kaltenbach*

"The human being is destined to ascend to the apex of becoming an enlivened individual – a single self, and by this process bring humanity to its fulfilment. This is enigmatic and can stand in contrast to every other species' attribute. The fishes, the flies, the bees, the lions, the cattle, the kangaroos, the primates and all other earthly creatures are bonded together by their collective instinct. Only the human is destined to single itself out of the group and may bring to flower the idea of humanity by becoming a ONE."

"Two thousand years ago St Paul demanded: "Not I, but Christ in me". This can now be reformulated in accordance with the progress we have made on our road toward independence. At his time, the "I" experience was still veiled behind the appearance of personality. The "I" was within the person. We in the 21st century, are no longer all the time trapped within the persona; we have all become liberated foremost by the times and thus we have become onlookers of our own persona. Through an ability to objectively assess one's I, the "I" has subsequently stepped out of its past and its own behaviour and can claim ownership and responsibility for its own persona. Therefore, we can no longer use excuses for our behaviour because we no longer have any alibi for not having been present when we did "rightfully" obey the law but nevertheless were wrong, or by acting "responsibly" in the job or acting according to the best interest for church or for the shareholders for which we work."

"Today we must rely on one thing for certain, and that is an unmasked "I". Within it operates our/my conscience, out of which I act in accordance to my own ethical and moral judgement. I owe this to myself and I have an ethical and moral connection to all others for my actions, and because the world's time spirit is expecting it too as an expression of genuine human evolution of consciousness."

"When I exist within the "I", although in seeming separation, I am at the same time in union with all other human beings. The "I" is all and is within all or as Novalis would say "I am you". The "I" can be free to love and free to hate, free to believe and free to doubt, free to have courage and free to fear. However, if we were to limit our personality experience, without the "I" consciousness, we would fall

pray to isolation and self-delusion. The salvation from egoism is the intuitive incorporation of the "I" of the world, or the "I" of the Christ's' [same thing], which brings us the reunion with other individuals "I's".

"That is the Christmas Spirit being born anew and were it not for this, the first Christmas of long ago would have died a thousand times. Egoism would have isolated the "I" from the world and brought humanity to the war of one against all and all against one. The first Christ birth was the beginning of a social future."

"In Palestine, 2018 years ago – the "infant" Jesus and the "aged" Christ, initiated and inaugurated the beginning of the alchemical wedding. What a great gift of love by the Christ as being the first divine creative spirit to synthesize with the "I" of a human "I" (within Jesus), as an upward path for humanity. Incorporating one's own self into another is continuing the Christmas impulse. It is not only one "I" within the other it can also be one "I" with the countless "I's" of others. There is no number by which the alchemy is defined. When two lights become one, countless lights are enlightened at once."

"Thus, the light within the "I" of individuals now shines forth out of the darkness of the world's divisive crevasses, redeeming the darkness and heralding a bright future for humanity."

*Karl Kaltenbach*

Merry Christmas  
**Milan Telford**

# News from Helga Forster House

*Kathy Gasper,  
Diversional Therapist*



What a jam-packed late winter early spring we have had at the hostel. Firstly, I must give my heartfelt thanks to the self-care residents who have so admirably responded to our requests and invitations. When asked if they could help contribute to the collection of Coles Mini's, Vicki and I were overwhelmed by their generosity which contributed to a very healthy stash of these little beauties, which we are using for cognitive games. Self-care also responded very generously to our **Wattle Day** celebrations, not only attending the tree planting and poetry reading in honour of our national flower but also in joining with the hostel residents in raising \$115; \$60 of which I have sent to Aussie Helpers and \$55 for Need for Feed, both drought relief organisations.



I must once again commend Vicki on her brilliant idea for the children of staff to give a concert at the hostel. We have in the past been invited to various local high schools to watch their end of year concert however only those who can negotiate the bus steps are able to attend. Vicki, her talented daughters and friend along with Hayden's daughter, a friend of Norma's and our physiotherapist Bobby Tran's children, entertained us with their outstanding talents. They sang, danced, played cello, piano and trumpet and demonstrated karate, completely wowing us all. Vicki also did all the

baking for the high tea that preceded the concert and I am completely miffed that I turned down a piece of a layer cake she made as I mistakenly thought that it had been shop bought.

We also had our second visit this year from the Travelling Music Man who is thoroughly entertaining and engaging. At the time of writing this Vicki has just run yet another amazing Melbourne Cup function with two successful and very popular sweeps, along with a snail race. I provided the snails from my garden and I have it on good report that they all proved to be very lively. They were probably celebrating their freedom by the hands of Vicki, if they had remained in my garden their fate would have been a lot different!

Over the past few months, we celebrated the birthdays of Gordon Allerdice, Bonnie Fox, Lesley Evans, Noel Eyles and Janet Bryant and also welcomed Mavis McKenzie, Pat Drake and Elaine Ferris who have chosen to call Helga Forster House their home.



A student who obtained 0% on an exam and how he managed it:

Q: In which battle did Napoleon die?

A: His last battle.

Q: Where was the Declaration of Independence signed?

A: At the bottom of the page.

Q: River Ravi flows in which state?

A: Liquid.

Q: What is the main reason for divorce?

A: Marriage.

Q: What is the main reason for failure?

A: Exams.

Q: What can you never eat for breakfast?

A: Lunch and dinner.

Q: What looks like half an apple?

A: The other half.

Q: If you throw a red stone into the blue sea what will it become?

A: It will simply become wet.

Q: How can a man go 8 days without sleeping?

A: No problem: he sleeps at night.

Q: How can you lift an elephant with one hand?

A: You will never find an elephant that has only one hand.

Q: If you had 3 apples and 4 oranges in one hand and 4 apples and 3 oranges in the other, what would you have?

A: Very large hands.

Q: If it took 8 men 10 hours to build a wall, how long would it take 4 men to build it?

A: No time at all. The wall is already built.

Q: How can you drop a raw egg on to a concrete floor without cracking it?

A: Any way you want. Concrete floors are very hard to crack.

*Reprinted with kind permission from Oct 2018 newsletter, ComputersOne2One*

## Neville the Boat Owner

The Australian Tax Office believed a boat owner wasn't paying proper wages to his help. An agent from Wollongong was sent to the fishing village of Kiama to investigate the boat owner.

**Government agent:** "I need a list of your employees and how much you pay them."

**Boat owner:** "Well, there's Clarence, my hired hand. He's been with me for 3 years. I pay him \$200 a week plus free room and board. Then there's the mentally challenged guy. He works about 18 hours every day and does about 90% of the work around here. He makes about \$10 per week and pays his own room and board. I buy him a bottle of rum and 3 dozen stubbies every Saturday night, so he can cope with life. Also, he gets to sleep with my wife occasionally."

**Government agent:** "That's the guy I want to talk to – the mentally challenged one."

**Boat owner:** "That'll be me. What'd you want to know?"

*Provided by Bruce & featured in the July Newsletter of Computers One2One (with permission)*



# Ways To Prevent Or Reverse Osteoporosis

By Heather Hanks

Osteoporosis is a condition that causes weak and brittle bones. Because bone is a living tissue, it is continuously being broken down and restored by the body. When osteoporosis occurs, it causes a disruption in new bone formation but does not slow down the breaking down of old bone. Bones become so weak that a fall or hard sneeze can break them. Postmenopausal women are most at risk of developing osteoporosis. Here are some ways to prevent or reverse the condition using lifestyle changes.

## Reduce Caffeine Intake

Research shows that a high caffeine intake may cause a calcium imbalance in senior women who are most at risk of developing osteoporosis. Consuming large amounts of caffeine may also cause cortical bone loss from the proximal femur, or the bone in the leg that is closest to the hip, which increases the risk of a fall and break. Sip herbal tea in place of coffee and choose water over soda or other caffeinated beverages.

## Be Picky About Protein

While cow's milk is an excellent source of vitamin D, calcium and protein, other high protein foods should be included in the diet, such as salmon, chicken, beef, eggs and nuts.

## Maintain A Healthy Digestive System

To improve gastrointestinal health, eliminate refined sugars and carbohydrates from the diet and eat lots of fresh fruits and vegetables, which are high in antioxidants. This promotes bone health by increasing nutrient absorption. Focus on foods that are naturally

high in probiotics and prebiotics such as fermented foods, onions, asparagus and bananas.

## Get Some Sun

Catching some rays is a great way to increase vitamin D levels. According to one study, wearing sunscreen increased the risk of vitamin D deficiency. To avoid sun damage to the skin, aim for ten minutes in the sun without protection several times a week.

## Maintain Proper Calcium Levels

Focus on eating whole foods that are high in calcium such as broccoli, green vegetables, seeds, cheese, yogurt, figs, tahini, brazil nuts and firm tofu as these are better absorbed in the body than supplements.

## Exercise

Weight-bearing exercises are particularly good for maintaining healthy bones. Lifting weights three times a week is an excellent way to support a healthy skeletal system. Low impact exercises include walking, biking, and swimming.

## Cut Out Sugary Beverages

One of the best ways to reduce refined sugar in the diet is to choose water over soda and other beverages. Many drinks contain hidden sugars, such as lemonade, Gatorade, sweetened iced tea, and juices. Aim for eight glasses a day to flush out toxins and eliminate inflammation. Herbal teas are also a great way to stay hydrated without the sugar or caffeine. Carrying a water bottle is a good way to prevent dehydration.

Sourced at: <https://healthprep.com/conditions/10-ways-to-prevent-or-reverse-osteoporosis/> and <https://healthprep.com/author/hhanks/>

## Osteoporosis Concept



# Reflections

## Instinct

Instinct seems to be sacred in both animals and humans. Why are we suddenly attracted to another person?

Tom Coomber and I once watched a dog give birth. She was a first-time mum. She tenderly took the first born with her mouth on the back of its neck and instinctively placed it in the pocket of my coat that was hanging over a chair. Another pup was carefully deposited behind a cushion. In the next room two were hidden near protective furniture. Then, when all were born, she went back and brought each to a nest of pillows. The little blind creatures with largish outspread rounded paws somehow knew where to wriggle to suck.

Mr Coomber and I were in awe. It was as if we were witnessing the activity of some very high Angelic being that at this point in evolution works both through creatures and humanity with Love.

Instead of saying that Consciousness should master Instinct, perhaps some very rare individuals will consciously celebrate Instinct as a spiritual gift shared now by animals and humanity until we gain a higher faculty of knowledge.

*Prof David Wansbrough*



# Poetry Corner

## Saint Theresa's Prayer

May today there be peace within.

May you trust God that you are exactly where you are meant to be.

May you not forget the infinite possibilities that are born of faith.

May you use those gifts that you have received, and pass on the love that has been given to you.

May you be content knowing you are a child of God.

Let this presence settle into your bones, and allow your soul the freedom to sing, dance, praise and love.

It is there for each and every one of us.



## Magpies

*by Judith Wright*



Along the road the magpies walk  
with hands in pockets, left and right.  
They tilt their heads, and stroll and talk.  
In their well-fitted black and white.

They look like certain gentlemen  
who seem most nonchalant and wise  
until their meal is served - and then  
what clashing beaks, what greedy eyes!

But not one man that I have heard  
throws back his head in such a song  
of grace and praise - no man nor bird.  
Their greed is brief; their joy is long.  
For each is born with such a throat  
as thanks his God with every note.

*Photo source:*

<https://www.abc.net.au/news/science/2017-12-11/magies-ten-things-you-didnt-know/9245780>

# Calendar of Events

## December 2018

**5** **No talk** - Combined Residents' Christmas lunch (in the facility dining room)

**12**



**Talk:** Christmas Song: Good King Wenceslas; his story, the story of the song, the story of the place in Prague

**At 6pm**, the annual Christophorus House Carols by Candlelight featuring The Linnets Choir

**19**



Grimm's Fairy Tale of The Valiant Little Tailor

**26**



**Christmas holidays**

## January 2019

**3** Olaf Aesteson - a poem on experiences of the Twelve Holy Nights.

**10**



The Baptism in the Jordan - From Jesus to Christ

**17**



Hugo Kaun (1863 –1932), German Romantic composer

**24** Fairy Tale: The Twelve Huntsmen (KHM 40)

**31**



Dora Pejačević, Croatian/Hungarian pianist and composer of late Romantic music

**Facility 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.com.au](http://www.christophorus.com.au). Visitors welcome.

**Regular Events enquiries:**  
**Monika (02) 9476 3161 ext 4**

**Monday Movies** in the Cottage on the 2nd Monday of the month. Visitors welcome.

**Monthly Monday bus outing** each month for ILU residents.

**Music with Rowlanda** in the Facility lounge on Mondays. Visitors welcome.

**Board Meetings** are held in the Cottage every month.

**Weekly Footbath/Leg Massage Therapy** with Ian for residents.