



Christophorus House  
Retirement Village

# Summer 2019

## *Newsletter*



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Cover photo: Lavender



## Editor's Letter

Dear Residents, Members and Friends,  
With Christmas upon us in just a short while, it's a hive activity here at Christophorus House. We look forward to this special time of year and welcome the Linnet Singers again to sing with us for ever-popular Carols by Candlelight with all the residents, their families and the many friends. This newsletter features a special Christmas Address by CEO Milan Telford – something to accompany you in this Advent time, through Christmas and into the New Year. Included are inspiring and beautiful poetry and an article on the wonderful benefits of cranberries!

I'm pleased to report that the annex has been frequented more this year and is used by a few groups during the week and on weekends. Some residents requested a bookshelf be made available for the library so that

residents who are avid readers can enjoy easy access to borrowing and swapping books during the week. This has worked well. The library is open now Mondays to Wednesdays and Fridays. As always, monthly Monday outings to local cafés and nurseries are popular as are the Monday Movies and a variety of weekly and occasional talks in the Hostel lounge room are always interesting and sometimes well attended. Look at the Calendar of Events on the back page for upcoming events and talks to enjoy.

I look forward to celebrating Christmas with the residents whose lives have enriched mine this past year and so this is a good opportunity to thank everyone for their friendship, kind heartedness and support. 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.

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

## Maintenance Matters

*Report by Hayden Ibbett,  
Maintenance Supervisor*

Summer, and the heat, is here! With it comes concerns for the bushfires. While we are deemed to not be in a "Fire Zone" as such, preparations are in place for any fire event which could impact CHR.V. I have carried out our Bush Fire Survival Plan and have been busy preparing CHR.V buildings and grounds. We are also a very short distance away from Storey Park which is a Neighbourhood Safe Area in the unlikely event of a full evacuation be necessary. The crew from Hornsby Fire Brigade will be coming on-site to carry out

a Pre Incident Plan [PIP], so we can be assured that in the event of a fire situation the fire brigade is well aware of the layout of CHR.V and our needs due to our residents who live here. They will review our Bush Fire Survival Plan, inspect buildings/grounds and we will then follow any recommendations they may have. After the PIP, I will hold an information session with ILU residents to make sure we are all on the same page and know what to do in the event of a fire which could impact CHR.V. Then I will review the HFH evacuation procedure and make changes if needed. The catastrophic fire conditions that presented itself on Tuesday 12th

November could be seen as a state-wide fire drill, so that everyone is aware of what they should do in the event of a fire and that everyone should have a set plan in place in such conditions should a fire occur in the proximity. While it caused a panic, we were not in any danger of an actual Fire Event close to CHR.V. It sure put us on alert as to what we may expect this fire season and that we need to be prepared before any such event occurs. I continue to drive HFH residents on bus outings, which I enjoy, which is a pleasant part of my otherwise busy weekly workload. There are no other maintenance matters to comment on so have a wonderful Christmas period.

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**Hostel Hours:** Staff on duty at all times, 7 days  
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Jones MD, John D Shaw, Jane Ruehmkorff &  
Annet van Kesteren.

**CEO:** Milan Telford

**Hostel Manager:** Denise Zhao

**Self Care Liaison Officer:** Monika Bebb

**Maintenance Supervisor:** Hayden Ibbett.

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**If you have some information, an event or  
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# From the Desk of the Chief Executive



## Christmas Message December 2019

Excerpts from a talk given by our late Patron, Karl Kaltenbach, 28th November 1990, on **'Contemporary Consciousness & the New Approach to Celebrating Spiritual Festivals.'**

'Today, not many people are interested in celebrating spiritual festivals; many people want to have a good time at a festival, they like to express themselves happily only within a community. But to have spiritual values as a content for a festival is rather unusual. But there is a gradual changing in consciousness, as people begin to look for new meanings in their get togethers, in their festivals. Seeking a meaning beyond the symbolic and beyond the commercialism. Christmas has become so commercialised that more and more people are now searching for the true meaning of Christmas. Many do not even know the historical, biblical reasons for what have become our public holidays.'

'In the era of festivals, in the last 2,000 years, all are festivals of commemoration; secondary experiences and no longer primary experiences. Aborigines have festivals, but not like those from our tradition. We decide consciously to go to a place and then plan a festival. The Aborigine experiences life as a continuous festival. Only when in cultures a separation takes place through intellect, philosophy, concepts, does mankind feel

the necessity to commemorate what used to be a direct spiritual wonderful daily experience. Today we have festivals to remember that Jesus was born 2,000 years ago; we speak of Jesus, or if one is not a Christian and believe in another religion, one commemorates the birth of the founder of that religion long ago and the spiritual essence of that is only living in the memory. We think it up but not as primary experience, it is more a secondary experience.'

'The future form of festivals will (I believe) be celebrated so that there are three ways in celebrating one festival, and the three ways go hand-in-hand although they might occur parallel to each other. Firstly the earth, purely as a geological globe with all its varying gravitational forces, geological differentiations and individual places with specific characteristics. This is where individual life-destiny is shaped. Personal life experience.

Christ as personal saviour in destiny. Secondly the sphere of the environment, the atmospheric environment, the climate, all that has to do with the movement of the weather, the seas, the winds and storms. It is imbued with life and is a total organism. The bridge between the Earth and the stars. Social life, group experience. Christ the Lord of the Elements: J.N.R.J. In this social environmental climatic sphere, it is quite natural that people adjusted their Christmas celebration according to their outer conditions. So that the Christmas festival varies in the custom in which it is experienced according to the location and often pre-Christian conditions. This seems to be intrinsically the nature of the Christ Spirit. If one considers a new way of bringing spirituality into our festivals, going away from symbolism, one needs to think in terms of bringing the content of nature into our festivals. Real content. There is one thing that we





# Christmas Message December 2019 - cont.



have to learn as modern people; we have to actually change inwardly to enter nature in a new way.'

'The third aspect of Christ today has to do with the fixed stars, the cosmos, which functions like a machine, a cosmic machine, a cosmic order, a divine machine. The same universal thoughts, science of mankind, gnostic. Christ the Teacher. The stars have a universal influence on the whole of mankind. We remember the birth of Jesus or remember a special event in Buddha's life, or we remember a great individual birthday all over the globe at the same time, as this has nothing to do with the seasons. This has to do with the cosmic universality, which is the same for all of mankind all over the globe. This is one part of Christianity which will need to be reformulated in

the near future but in a new form of intellectuality, a spiritual thinking, a universal knowledge, which will bridge the gap between Natural Science and Spiritual Science.'

'It is wonderful to think that the human mind has this enormous span, a three-foldness in the soul, this capacity to seek the cosmic universal, of striving to understand and join with nature, and of forming relationships with groups and nations, and being an individual. So, in the future, if one is thinking of new forms in spiritual festivals, one could think of a discernment between these three areas. For instance, a lecture, a formal presentation in thought, always has a cosmic universal aspect – a festival moment when one celebrates universal thoughts. One can have a festival of nature where one has common experiences through art and through other sensory experiences. And one can have a sharing of biographies the expression of destiny, personal destiny, festivals which bring us together. The sharing of personal destiny has already the redemption for future universal life. So in the future we may have festivals of thought, maybe festivals of nature and festivals of biographies in which we experience our own personal destinies for the redemption of the world.

Edited by Milan Telford - CEO

The full text of this talk will soon be available online  
**Milan Telford**

## POEM

### The Ancient Land

And the ancient land  
just lies there, waiting,  
and the grey tress just stand,  
not even shaking  
the pink dust from their weary leaves  
as the merciless sun  
black shadows weaves  
to mark the hours' silent run.

Now and again black flapping wings  
With lonely wailing cry  
Lazily try to wipe the stings  
From that blue burning, so endless sky.

And the ancient hills  
seem to breathe no more  
as the relentless sun tills  
deep into their core



steep furrows. Leading wind, water and rain  
their eternal cycle again and again.

Yet the powerful force  
of ever recurring life  
blesses the sun as its life-giving source.  
And, just as wind and rain never question or scorn,  
just lives, without longing, to be ever reborn.

*Rosemarie Lorenz*  
*from Thoughts and Reflections, 2013*

# News from Helga Forster House

*Vicki Ferris, RAO*

Where has the year gone? It is hard to believe that Christmas is nearly upon us. And what a busy December we shall have in the hostel this year! December diary dates are out. If you need a copy, please come and see me. We have a Communion service in the lounge, Combined Residents Christmas lunch comes early this year with John and Yuki to entertain us later in the day. Asquith Girls High School and Berowra Christian School are coming to visit us as well. The choir is booked for our annual Carols by Candlelight night. And by popular demand, we will host the Staff Children's concert again which was very successful last year. Our Self Care residents are most welcome to come to all December activities.

After working such a long time together so successfully, without ever a cross word, I was very sad to lose my wonderful colleague and friend Kathy Gasper (DT) to retirement. Kathy is travelling where she fancies when she fancies. She is enjoying her time now with her family and is mastering the art of grandparenting. But the best news is that she hasn't really left (me) us! She is happy to come and help with a diversional therapy shift if we are short staffed. What a comfort.



Jeanette Arzoumalin

We welcomed Jeanette Arzoumalin who comes to us as a qualified RAO. Jeanette works Thursdays and Fridays with our residents conducting our leisure schedule on those days. Jeanette has done a great job getting to know our residents and settling into Christophorus House. I welcome her fresh ideas and suggestions and look forward to working with her in the future.



Judy and Lesley enjoying afternoon tea in the lounge

We have had many entertainers visit us through the spring season. We even had author Jessica North come and talk to us about her book "Emma". Jessica was very well received by Hostel residents, Self Care residents and visitors and her book was available for purchase on the day which she signed.

Our monthly Saturday concert with mocktails has become extremely popular. We have hosted entertainers Eileen Russell, Bob Brown, Ron and Ros, Rowlanda, Murray Fergusan, Ketty and John and John and Yuki who were so popular we have invited them back to be our entertainers for the Resident Christmas Lunch. Be sure to come and check them out.

We have celebrated the birthdays of Gordon Allerdice, Bonnie Foxx, Robin Rowe, Jim Coles, Lesley Evans, Janet Bryant and Noel Eyles over the past few months. We have also welcomed Robin Rowe and Ausma Svans who have chosen to call Christophorus House home.

With the heat descending upon us now, make sure you stay hydrated and try to keep cool. It looks like we are in for a long hot summer...





# Kookaburras

by Nick Hodges

While birdwatching in Swaziland, deep in the heart of Africa, I came across an extraordinary bird: a giant kingfisher with a dagger-like bill which sent shivers down my spine.

I've become a little blasé about our own birds because when I returned home and referred to a field guide, I discovered that the laughing kookaburra, our very own giant kingfisher, was of similar size to its Africa cousin.

We also have a second giant, the blue-winged kookaburra. Like our Sydney laughing kookaburra, it has a distinctive but completely different call. Graham Pizzey, in his original field guide to Australian birds, described it as 'appalling; a cacophony of squeaks and screeches.' Despite the fact kookaburras belong to the kingfisher family, they eat very little fish. The bird which visits my garden appears to live on little lizards – skinks – but it also likes larger prey.

Once, when a rat had taken up residence under my house, I was undecided how to remove it. Rat poison might kill any number of other creatures and I was adamant that I would not risk such a calamity. The rat must have sensed my indecision for it would often scurry across the decking while openly mocking me. At least, that's the way it seemed to me. But I need not have worried. One spring day there was a clatter of kookaburra wings and the rat, which had been sunning itself only metres from my anguished gaze, was seized and carried off to a nearby tree. Held tightly in the bird's bill, the rat was repeatedly smacked against a branch until dead, before the kookaburra flew off with it, presumably to feed its young family.

*Reprinted with permission from the August 2019 edition of the Monthly Chronicle*



# Christmas Poem



by Allysén Caris

Here is no silence of snow;  
No mantle of white muffling a sleeping earth  
No hedgerows crisp-clad with icicles and frost  
Coruscating in prismatic splendour in the last  
Rays of a dying sun, no robin like a warm jewel  
Glowing within a winter-white world,  
No butterfly expectation at the pit of the stomach  
For here are no fir-bedecked, fire-flamed halls  
Where the heart curls, foetus-like, in a womb of  
warmth.

Waiting, waiting for that inner birth,  
Waiting, waiting for that inner light  
Waiting, waiting for the Christ-child  
To be born.

No. Here in thus sun-ripened land  
In dream-filled days we are drawn outwards,  
Inexorably outwards in sun-washed spaces.  
Gone is the eager flowering of spring  
Gone the sap-filled, lamb-tailed days;  
Gone, too, the mowahi, golden herald, trumpet-  
tongued,  
Of the summer's honeyed ambience.  
The only mantle of white is the motherly manuka  
Sheltering the fledgling plants which one day  
Will supersede her s the sceptered senators  
Of the cool and silent forest,

And where, where is that inner light,  
Where, where is that inner birth,  
Where will the Christ-child  
Be born?

Here I celebrate a new birth,  
Here I celebrate the dawn of His High Coming  
In the leaf-green recesses of the forest  
In the breeze playing through surf-filled days,  
And then, against the unruffled mantle  
Of the untroubled sky, the pohutukawa's crimson  
flowers  
Cradle the summer's warmth like grail cups,  
With red-stalked stamens and calyx funnels  
From which are drinks deep, deep of summer's  
bounty:

Here, here is that birth,  
Here – in wind, water, fire  
And Christened earth  
In full summer beneficence  
Is the Advent of His High Coming.

# Cranberry Juice Fights Urinary Tract Infections Quickly

By Katrina Woznicki

Aug. 23, 2010 -- From the WebMD Archives (Medical News Today)

Scientists report that within eight hours of drinking cranberry juice, the juice could help prevent bacteria from developing into an infection in the urinary tract. Previous studies have suggested that the active compounds in cranberry juice are not destroyed by the digestive system after people drink them but instead work to fight against bacteria, including *E. coli*. This latest study, presented at the national meeting of the American Chemical Society in Boston, affirms that and provides evidence of the medicinal value of cranberries. The new research suggests that the beneficial substances in cranberry juice could reach the urinary tract and prevent bacterial adhesion within eight hours. Researchers from the Worcester Polytechnic Institute in Massachusetts grew strains of *E. coli* in urine collected from healthy people before and after they drank a cranberry juice cocktail.

## How Cranberry Juice Treats Urinary Tract Infections

A mixture of cranberry juice, water, and sweeteners found in cranberry juice cocktail was used for the study because it is the most popular cranberry beverage. The researchers discovered that in petri dishes, cranberry metabolites in the juice prevented *E. coli* from sticking to other bacteria, limiting its ability to grow and multiply. If *E. coli* is able to connect with other bacteria, such as the bacteria found in the urinary tract, it forms a layer or "biofilm." This allows the bacteria to multiply and produce an infection.

"A number of controlled clinical trials -- these are carefully designed and conducted scientific studies done in humans -- have concluded that cranberry juice really is effective for preventing urinary tract infections," says study researcher Terri Anne



Camesano, PhD, in a news release. "That has important implications, considering the size of the problem and the health care costs involved." Urinary tract infections are more common among women than men. According to the researchers, one in three women has had a urinary tract infection. Urinary tract infections can occur anywhere along the urinary tract, which includes the bladder, urethra, and ureter. These infections account for 8 million trips to the doctor's office every year and cost more than \$1.6 billion to treat.

## Study Shows Cranberry Juice Works Against Bacteria Within 8 Hours

Camesano said people should not self-treat urinary tract infections, and anyone who suspects they have an infection should see a doctor, but drinking cranberry juice may be an easy, inexpensive way to help keep *E. coli* at bay. In the event of a urinary tract infection, antibiotics are the most common treatment. If left untreated, particularly in children, the elderly, or people with other chronic medical conditions, urinary tract infections can become more severe.

Sourced at: <https://www.webmd.com/women/news/20100823/cranberry-juice-fights-urinary-tract-infection-quickly>

## POEM



## Annunciation

Even if I don't see it again – nor ever feel it  
I know it is – and that if once it hailed me  
it ever does-  
And so it is myself I want to turn in that direction  
not as towards a place, but it was a tilting  
within myself,  
as one turns a mirror to flash the light to where  
it isn't – I was blinded like that – and swam  
in what shone at me  
only able to endure it by being no one and so  
specifically myself I thought I'd die  
from being loved like that.

Marie Howe



# Calendar of Events

## December 2019

**2** Church Communion service in the lounge.

**4** Combined Residents Christmas Lunch  
Followed by entertainers John & Yuki at 2:30pm

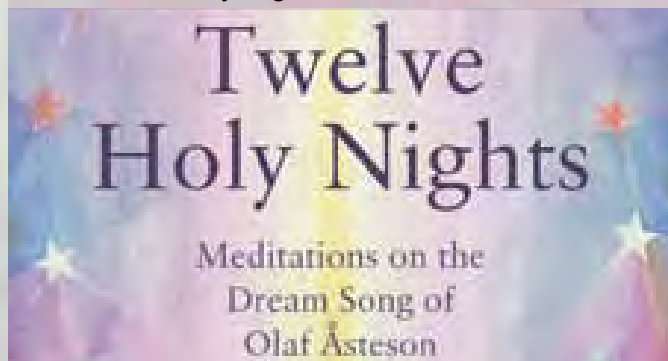


**10** 10am Asquith Girls School visits for morning tea in the lounge room  
1:15pm Berowra Christian School sings in the lounge room

**11** Talk on tonight's evening's song (for Carols by Candlelight at 6:30pm):  
Irving Berlin's **White Christmas**

**16** 2:30pm New Day Choir sings in the lounge room.

**18** Olaf Asteson, a spiritual journey during the Holy Nights



**23** 2pm Staff Children's concert and afternoon tea

**25** Christmas Day  
NO TALK TODAY

## January 2020

**1** New Year's Day  
NO TALK TODAY

**8** From Jesus to Christ - A reminder of Birth and Baptism (6th January)

**15** Professor Waterhouse 'Eryldene' – Camellias - an historic house in Gordon



**22** Margaret Bonds, a coloured female American composer (1913-1972)

**29** Micronations. Globalisation ...  
Between "my home" and the earth

**Facility Lounge Room Talks** with Wolfgang Devine weekly on Wednesdays at 2.30pm. For upcoming Helga Forster House events please see our website at [christophorushouse.com.au](http://christophorushouse.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.

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

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