



# Christophorus House Retirement Village



**Winter 2021**  
*Newsletter*

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Cover photo:  
Christophorus House – the big picture  
Back cover:  
enjoying the afternoon winter sun



## Editor's Letter

Welcome to our midwinter edition of the newsletter. I'm pleased to report that we finally enjoyed our overdue Christmas lunch for ILU residents in March. It was an enjoyable outdoors event with around an hour of sunshine before the clouds set in. Rowlanda provided the entertainment and played the (outdoor) piano as well as sang many cheery songs to accompany the meal which added to the festive mood. Auld Lang Syne was a fitting end to a lovely lunch, just in time before rain set in! Our next festive occasion was the midwinter soup lunch which fell between the solstice and St John's Day, on the 22nd June. This time, it was indoors in the cottage (thankfully) which is a warm and cosy space in these colder months of winter. And we also farewell



our computer support person and friend John Rowan. John has been servicing CHRV for 19 years and is finally hanging up his cables! He's retiring to a more leisurely life – our sincerest and warmest good wishes and grateful thanks for the many years of service to CHRV go to him for his retirement (although I doubt whether that will be a fulltime pastime!). Until next time, keep well and warm!

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

## Maintenance Matters

*Report by Hayden Ibbett,  
Maintenance Supervisor*

We keep rolling through the seasons and 2021 is flowing through rapidly. It doesn't seem that long ago I wrote my last article. Some jobs to mention are the annual water pressure cleaning of all common footpaths by my son Dylan who was approved to carry out this task, to leave them clean and free of slippery surfaces which the cooler months present as a problem. Dan (Squeegy Dan) who took over from Squeegy Pete

carried out window cleaning on all buildings and all reports was that he did a great job. The change over from the old style of Vitalcare nurse call pendants has begun with new waterproof pendants being coded and supplied, ten at a time. A new cupboard was installed in HFH supervisor's office as the old one had deteriorated over the years. The extra space allows for securely locking up sensitive residents' information. Approval for new chairs for the HFH dining room was granted and we are now waiting for the arrival from the manufacturer. These will replace the old and dated chairs

which will bring a fresh new look with new patterns on the material. That's about it from me for now keep well & warm.



**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:**

[chrhv@christophorushouse.com.au](mailto:chrhv@christophorushouse.com.au)

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

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

**Hostel Email:**

[hostelmanager@christophorushouse.com.au](mailto:hostelmanager@christophorushouse.com.au)

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

**Office Fax:** (02) 9477 5768

**Website:** [www.christophorushouse.com.au](http://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 5pm: 0403 575 079)

**Board Members:** Chairman Sune Nielsen (Rev), John D Shaw, Jane Ruehmkorff and 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 an item you wish published, please contact**

**Monika on (02) 9476 3161 ext 4 or email**

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

Snowflakes image created by starline

[www.freepik.com](http://www.freepik.com)

# A Message from the Board



**Normally we all have the joy of reading words of welcome from our CEO, Milan Telford, in our newsletter. As many may know, Milan has fallen ill and is, at the time of writing this, continuing his struggle to get over the infection that has had such a large impact on him. Our thoughts and prayers continue to be with him and his loved ones as they journey to recovery together.**

Strange as it may seem, it is business as usual at Christophorus House Retirement Village. That is one of those odd things that happens to all of us when we have had a major life-changing event; everything continues as it did before, yet we experience it quite differently. Invoices come in and get paid, bedlinen is changed, food is prepared, care is given, the vacuuming is done, all as it did previously. Nonetheless, our consciousness is different as a

part of our mind and heart is preoccupied with the struggle of a close friend.

As a Board, we have come together to discuss how to navigate the next few months. The ongoing hard work of all of our colleagues at Christophorus House is heart-warming to experience and how they are ensuring that we are able to continue as before. Our deep gratitude goes to every one of them. The exciting building project to increase the number of independent living units is still very much active. Our wonderful team of architects are working with the local council to ensure the Development Approval will be coming our way shortly. Once we have this, we can seriously get started on expanding our site with these beautifully designed homes and start welcoming new people into our community.

Like the rest of Greater Sydney, we are also facing the consequences of a new lockdown and what this brings. We are maintaining a COVID-safe plan which is regularly reviewed and updated where needed. As for so many other people in and around Sydney, Australia and the world, it means we are not always able to be as close to our loved ones as we would like, or as often as we would like. We recognise that many are struggling in this regard and the role that individuals can play in remaining in contact with those loved ones in whatever way we can.

As you can read from the above, we are facing a few challenges and are acutely aware of the significant challenge that Milan is facing. At

times such as these, our connection to Anthroposophy can be of great support. One of the things that Rudolf Steiner talks about while the First World War was raging, is that the work and sacrifices we make when world karma is playing itself out, can ignite a spark in us. And that 'with this spark in our hearts of being deeply touched by the spirit, we can, with new strength, enter into all the cares, all the deep sorrows and troubles, and also into all the hopes, all the confidence, presented and revealed to our eyes by events of such a great moment as we are experiencing at present.' (GA157)

It is this that we wish for Christophorus House; that at this time, while facing challenges we have not yet experienced, we can all find that spark within, a spark that helps us all find the will to keep going, to continue our work and help us realise, that the spirits who guides us continue to be with us. It is also with those spirits in mind that Rudolf Steiner then gave a meditation to use when we want to let our thoughts go out to anyone in danger. We reprint it here in the hope that by reading this while keeping Milan in our thoughts and hearts and anyone else we are concerned about, will bring them additional strength and support:

*'Spirit of your soul, guardian guides,  
On your wings let there be borne  
The prayer of love from our souls  
To those whom you guard here on earth.  
Thus, united with your might,  
A ray of help our prayer shall be  
For the soul it seeks out there in love.'*

**Annet van Kesteren**

# News from Helga Forster House

by Vicki Ferris, RAO - Diversional Therapy

And so, we find ourselves halfway through the year again. How did that happen?

We are getting used to the tightening and relaxing of restrictions. It makes that saying "make hay while the sun shines" ring true. And we do!

Bus trips resumed and we were able to venture out to all our favourite places enjoying the sun, fresh air, a cup of tea, and commune with nature.

Entertainers were keen to come and play for us. We saw our friends Rowlanda, Ron and Ros and Greg

Dimmock, who we are keen to have back as soon as we are allowed.

We said goodbye to our friend Stephen who has moved to a different facility to embark on a new chapter in his life. Stephen had been living with us for 4 years. We gave Stephen a farewell sendoff with presents and cake. We wish him the best for his future. He promised he would call in to visit us from time to time.

The warm winter sun can often be enjoyed out in our front courtyard. If you see us sitting outside soaking it up, don't forget to wave to us as you go by!



Bus trip to the Hawkesbury



Greg Dimmock entertains us



Farewell to our friend Stephen

"I'VE ALWAYS FELT THAT NIGHT DOESN'T FALL. NIGHT RISES. THERE ARE THESE INCIDENCES IN FLYING WHERE YOU JUST SIT THERE. IT'S ONE OF THE BEST SEATS IN THE HOUSE."

**JAMES TURRELL**

Featured in: James Turrell Quotes

"WORK HARD IN SILENCE, LET YOUR SUCCESS BE YOUR NOISE."

**FRANK OCEAN**

Featured in: Motivational Quotes, Frank Ocean Quotes



# STORY: The Great Saint and the Peasant



Summer photo created by Bearfotos

One evening the Great Saint was riding through the countryside on his shiny black steed when he encountered a peasant on his way home after his day's toil in the fields.

"Good evening friend" said the Saint. "It might be good for you," replied the peasant. "You have nothing to do all day but pray and then you get to ride around on that fine horse. But me, I labour all day and then have to drag my aching bones home by foot!"

"True," said the Saint. "But I'll make a deal with you so you can get out of your predicament; all you have to do is pray the Lord's Prayer without thinking of one other thing and you shall have the horse!"

"That's easy!" said the peasant with glee and commenced immediately to pray: "Our Father, who art in Heaven, hallowed ... do I get the saddle and bridle too?"

## Everything I Need to Know, I Learned from Noah's Ark

### Two by Two: A Pair of 10 Lessons from Noah's Ark

(compiled from anonymous authors, found in postings on the internet)

#### Noah's Ark Teaches Us

- Don't miss the boat.
- Remember that we are all in the same boat.
- Plan ahead. It wasn't raining when Noah built the Ark.
- Stay fit. When you're 600 years old, someone may ask you to do something really big.
- Always live a righteous life. Even if you are the only one; it will be noticed.
- Don't listen to critics; just get on with the job that needs to be done.
- When the doo-doo gets really deep, don't sit there and complain — shovel!
- Build your future on high ground.
- For safety's sake, travel in pairs.
- If you have to start over, it's good to have a friend by your side.

#### Noah's Ark Also Teaches Us

- Listen to what God tells you. Your life might depend on it.
- Two heads are better than one.
- Take care of your animals as if they were the last ones on earth.
- Speed isn't always an advantage. The snails were on board with the cheetahs.
- When you're stressed, float a while.
- Finish what you start.
- Remember, the Ark was built by amateurs; the Titanic by professionals.
- Don't forget that we're all in the same boat.
- No matter how bleak it looks, when you are with the Holy One, there's always a rainbow waiting.
- When the Holy One has brought you safely through the storm, don't forget to praise and thank God.

Sourced: Everything I Need to Know, I Learned from Noah's Ark - Rabbi Paul Kipnes



## Just plain neat information

Glass takes one million years to decompose, which means it never wears out and can be recycled an infinite number of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

When a person dies, hearing is the last sense to go.

The first sense lost is sight.

Your tongue is the only muscle in your body that is attached at only one end.

The tooth is the only part of the human body that cannot heal itself.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Drinking water after eating reduces the acid in your mouth by 61 percent. Drinking a glass of water before you eat may help digestion and curb appetite.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

The song Auld Lang Syne is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the New Year.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450°F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean.

The banana cannot reproduce itself. It can be propagated only by the hand of man.

Airports at higher altitudes require a longer airstrip due to lower air density.

The University of Alaska spans four time zones.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

Warner Communications paid 28 million for the copyright to the song Happy Birthday, which was written in 1935!

Intelligent people have more zinc and copper in their hair.

A comet's tail always points away from the sun.

Caffeine increases the power of aspirin and other painkillers, that is why it is found in some medicines.

The military salute is a motion that evolved from medieval times when knights in armour raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

In ancient times, strangers shook hands to show that they were unarmed.

Strawberries and cashews are the only fruits whose seeds grow on the outside.

Avocados have the highest calories of any fruit at 167 calories per hundred grams.

The moon moves about two inches away from the Earth each year.

The Earth gets 100 tons heavier every day - due to falling space dust.

Due to earth's gravity, it is impossible for mountains to be higher than 15,000 meters.

Soldiers do not march in step when going across bridges, because they could set up a vibration which could be sufficient to knock the bridge down.

Everything weighs one percent less at the equator.

For every extra kilogram carried on a space flight, 530kg of excess fuel is needed at lift-off.



photo created by jcomp - www.freepik.com

**Just plain neat information.doc March 21 TW**

**"IT'S BETTER TO BE A LION FOR A DAY THAN A SHEEP ALL YOUR LIFE."**

**ELIZABETH KENNY**

FEATURED IN: COURAGE QUOTES, WISDOM QUOTES, ELIZABETH KENNY QUOTES

To prevent respiratory infections, it is proper hand hygiene, practising social distancing and wearing mask if you cannot practice social distancing.

**COVID-19 is a treatable disease** as at 5/7/21 with 5888 survivors out of 5942 cases, death rate is **0.9%**.

Population for NSW was 8.166 million (Sep 2020), **the chance of getting COVID-19 is 0.07%**.

**COVID 19 vaccines does not prevent you from getting COVID 19.**

Both the Pfizer and AstraZeneca vaccines are very effective at preventing people from severe illness, hospitalisation and death **if they catch COVID-19** (please see link below).

<https://www.health.gov.au/initiatives-and-programs/covid-19-vaccines/is-it-true/is-it-true-are-covid-19-vaccines-not-effective>

## An isolated thought

**Prof David Wansborough, Christophorus House Life Member**

A rainbow is only for each viewer individually. The fracturing of light in a water droplet into a prismatic arc occurs at precisely 42 degrees (not at 41 degrees or 43 degrees but at exactly 42 degrees). So, each rainbow is a miraculous personal covenant just for us.

The English poet of nature, William Wordsworth, felt that as we grow out of childhood, we lose a direct spiritual communion with the Divine, but that

certain experiences are inborn that awaken the most necessary quality for any religious experience, "awe".

"My heart leaps up when I behold  
A rainbow in the sky:  
So was it when my life began;  
So is it now I am a man;  
So be it when I shall grow old,  
Or let me die!  
The Child is father of the Man;  
And I could wish my days to be  
Bound each to each by natural piety."

### The Inner Sun

The human being will learn to speak of an 'inner sun'. He will know on this account that he is a being of the earth in his life between birth and death; but he will be conscious that his own being is Sun-guided on its earthly travels. He will learn to be aware in truth of a being that lives within him and that sheds a light which lights the light of the earth but is not lit there.

**Rudolf Steiner**

Quote from The Michael Mystery, GA 26



WHEELCHAIR 2  
CHRY