



# EASY CARE GARDENING INC

## WINTER



### Sisterly love in the 90's

Sharing afternoon tea with ECG volunteers, who come to help in the garden, is one of the pleasures in life for Mrs McNamarra. Now at a very sprightly 95 years young she enjoys a cup of tea and sharing some memories of her early life. Her parents bought land in Gladesville in 1938 where they built a home and at first rented it out. After a while her parents and younger brother moved into the family home. Her husband worked as a farm manager and between jobs, whilst out on the road, they slept under their wagon. They settled on a dairy farm at Kellyville and lived there for many years. For a while her husband worked for the Hunters Hill Council and when he retired he enjoyed gardening and often mowed lawns for family and friends. The McNamarra's moved in to help care for her parents and younger brother about 1945. At the time the



home was extended which meant they had to cook on a kero stove outside. Trying to prepare meals during inclement weather proved difficult as a sheet of corrugated iron couldn't stop the rain blowing in!

Mrs McNamarra has a leg ulcer which restricts her movements - however she has been known to remove the bandages and venture out into the garden to see how everything is growing. She is still caring for her younger brother aged 91!

It's a real pleasure to help in the gardens & spend time with wonderful ECG clients who always make us feel so very welcome. Thank You.



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### Global Garden — internet gardening magazine

- a **FREE** gardening magazine on the internet.

Australia's first national online gardening magazine and prime gardening resource. Offering a new edition each month with authoritative, interesting content in an easy-to-follow format. The current edition features an article on ECG (Volunteer Gardening, Have Fun & Keep Fit).

We recommend reading the magazine online: [www.global-garden.com.au](http://www.global-garden.com.au)

The ECG story can be viewed following the link below:

[Global Garden ECG article](#)

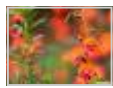


"My mind is a garden.  
My thoughts are the seeds.  
My harvest will either be  
flowers or weeds."

~ Mel Weldon

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 Patron: Mrs. Shirley Stackhouse O.A.M. M.A.I.H





8.8.88



In August 1988 Anne Shires had an idea. The burden of domestic gardens was the main reason the elderly were forced out of their homes and into retirement villages. Together with Kathleen Ciemięga and Henry Llewellyn they developed a programme to convert these gardens to 'easy care' maintenance. With the assistance of Ku-ring-gai Council and friends working as volunteers they established Easy Care Gardening. Two of those friends, Lyndell van Noort and Joan Jamieson are still actively involved with ECG. The work of Anne, Kathleen, Lyndell and Joan has been recognised with Life Membership.

Today ECG has 1011 clients, 292 volunteers and a full time Manager supported by 16 part time staff. We operate out of two small offices at Turramurra and our ten computers are linked by wireless. We operate three Toyota Hilux vehicles. As per our last Annual Report, the estimated cost of time donated by Volunteers during 2006/2007 amounted to \$579,956. From day one it has been a journey of growth and the delivery of quality service to the aged and infirm in our community.

The 8th August, 2008, will be a great day of celebration. Not only will it be the opening of the Beijing Olympic Games, ECG will be celebrating its 20th Anniversary. We intend to get in early and hold a 'Big Breakfast' at a prestigious location to which volunteers along with a number of dignitaries will be invited. It will be a fitting way to commemorate our illustrious past and toast our future. I hope we will see a good representation of our Volunteers present at this very important occasion, however numbers are limited so put down your name early please.

Growth requires more Volunteers to cope with our additional work in reaching out to the many people who require our services. We continue to explore different avenues to recruit extra Volunteers. Often new recruits come to us on recommendations from our existing Volunteers. If you can personally assist in this way, please let us know and we will be most grateful for your help.  
Brian Self, President ECG.



Ku-ring-gai Gardening Expo 08



When things are tough,  
just remember,  
every flower that ever  
bloomed  
had to go through a whole lot  
of dirt to get there!

~ Anonymous



Ryde Volunteers Afternoon Tea



Asquith Vols Lunch

## Exercises for Team Leaders and Gardeners



Swing arms  
from side  
to side



Back arch



Reaching

Before you begin the gardening activity, please make sure that you do some loosening up and stretching exercises to minimize the risk of injury in the form of muscle strains.

Here are three simple warm-up stretches to loosen up the back muscles.

Repeat each exercise five times (for each side) and hold each position for about ten seconds.

Stretch gently and slowly, keep taking slow relaxed breaths. Exhale as you stretch, inhale as you return to the rest position. Don't rush it, or over extend and do not use any jerky movements.

The key to stretching is to relax while you concentrate on the area being stretched.

Overall time to complete the set would be 5 to 6 minutes.

## CONGRATULATIONS to our Gardener of the Month AWARD RECIPIENTS:

Paul Bennett



### EDEN GARDENS

301 Lane Cove Rd, Ryde  
9491 9999

Jan:

**Karen Yu**

Feb:

**Chris Mundell**

Mar:

**Hugh Middleton**

### HARGRAVES

630 Old Northern Rd, Dural  
9651 1833

Jan:

**Paul Bennett**

Feb:

**Lyndell van Noort**

Mar:

**Ruth Collings**

### PARKERS

45 Tennyson Ave, Turrumurra  
9487 3888

Jan:

**Brian Lynch**

Feb:

**Prue Gudex**

Mar:

**Peter North Ash**

Noel Rosten



### Peter Whitehead Appreciation Award

This award is kindly sponsored each quarter by **The Monthly Chronicle** to show special appreciation to one of our volunteers.

EasyCare Gardening congratulates and sends our warmest wishes to:



**Noel Rosten**



### THANKS—from Clients:

Epping (JF): I can only praise the service you provide by the most friendly groups one could hope to meet. My heartfelt thanks to all involved and I look forward to their incalculable help in the future.

Asquith (PP): Many thanks garden & lawn teams for making my garden "Picture Perfect".

Roseville (LB): Thankyou for making my garden so tidy & beautiful. It was hard work & you did it with such grace and good humour.

West Ryde (WT): I will always be grateful for the hard work you did to clean up my yard.

Nth Epping (RW) : Thank you, thankyou so much for wonderful hard work making our garden look pretty again. The roses are coming out in bloom and it really looks a picture now.

Berowra Hts (L&R D): Thank you so much for mowing our lawns. Don't know what we'd do without you.

St Ives (KS): Thank you wonderful band of gardeners. A great delight to see the entrance to the garden looking so magical. It certainly gave us joy. It was lovely to see you all—it's like old friends week.

Hornsby (DD): People in my situation know the worry you take away. We can stay in our own homes & have pride.

Asquith Vols Lunch



## A very warm WELCOME to our NEW VOLUNTEERS:

### GARDENING:

Fran Appleton  
Karen Bones  
Pamela Dowland  
Judith Fraser  
Stephanie Freeman  
Maria Harrington  
David Kariuki  
Ning Liu  
Robyn Mansfield  
Alexander Martinez  
James Nelson  
Dennis Owen

Jianjun Pan  
Carol Pendick  
Anne Marie Rubenach  
Rafael Sanchez  
Eva Schwartz  
Prabha Srinivasan  
Brigitte Straub  
Norman Sturrock  
Pam Surman  
Carol Walker  
Noushig Yessayan  
Tao Zhao



### LAWN MOWING:

Margaret Illy  
Darrin Pryor  
Bruce Wyld

### OFFICE:

Alan Carroll  
Donna Collett  
Donglu Guo

### CORPORATE TEAMS:

PKF Accounting



### **Australia wins GOLD !**

The **RHS Chelsea Flower Show** is the **ultimate** event in the gardening year. It sets the **latest** gardening **trends**, features the **newest** and most **desirable** gardening products and **creates** an explosion of **colours** and **scents**.

There are around **600 exhibitors** at the show. This includes: 22 show gardens; 22 small gardens, including courtyard gardens and urban gardens; 100 floral exhibitors in the Great Pavilion; approximately 300 garden product exhibitors.

International exhibitors come from countries as far away as the Sweden, Barbados, Sri Lanka, France, Holland, Germany, , Jamaica, South Africa, Trinidad & Tobago, Zimbabwe and Australia.



City of Ryde '08 Australia Day Award—Congratulations **David Duval**

### **2008 NSW Seniors Week Achievement Award Winners**

for outstanding contribution in Community Service / Volunteering

**Mrs Helen Malcher**

**Mr Leonard Warren**

**Mr Silvano Lucietto**

Easy Care Gardening would like to congratulate our volunteers -

Well done and **THANK YOU** for your hard work!



### **Potential new volunteer???**

William George Elder is the son of Cecilia Hilder (Sat garden volunteer)

## **Around the Pathways**

### **ECG 20th Anniversary**

Remember, come August this year, ECG will celebrate 20 years of service to the community. Started by Anne Shires, Kathleen Ciemiega and the late Henry Llewellyn on a grant of just \$1500 from Ku-ring-gai Council, ECG has grown rapidly, with nearly 300 volunteers involved in this amazing work.

We'll be holding a celebration breakfast on the **8th August, 2008**.

### **Volunteering Drive**

With our client list growing rapidly, we are needing more volunteers to garden on a regular basis. If you have any friends who love the outdoors, like helping people, want to keep fit and enjoy meeting new people, then get them to give us a call on

9983 1644 (Hornsby / Kur-ring-gai) or

9144 1699 (Ryde / Hunters Hill)

so we can insure them before hand.

They would be very welcome to come along, even on a "trial" basis.

### **Easy Raspberry Jam**

2 x 300gm pkts frozen raspberries

Tip into high sided container suitable for microwave

Heat for 10 mins on high

Remove and add 600gm of sugar, stir well

Heat for 10 mins on high

Remove and add juice of 1 lemon – mix well

Then bottle – makes approx 5 small bottles.

N B (Nth Epping)