

Easy Care Gardening Inc.

Autumn 2012 Newsletter

Highlights in this edition

Gala Breakfast 2012 - welcome to volunteers.

Easy Care Gardening New Manager - welcome to Yvonne Dewar.

New on the Streets - new advertising on ECG vehicles

Profile of a Team Leader - Dwight Nelson.

Sage Advice - article from our Patron, Jennifer Stackhouse Editor for NewsLife Media.

Volunteers - New volunteers and awards

Gardening Tips - 'Caring for Orchids'- Joy McGahey.

'What to do in the garden' - Jennifer Stackhouse

The importance of being earnest - getting the numbers right for catering.



The Volunteer Gala Breakfast was a great way to start the year. A wonderful hot breakfast was cooked by Easy Care Gardening staff with scrambled eggs cooked by Tony, the Manager of Meals on Wheels. Thank you Tony!

Bruce Taylor opened the formal proceedings when he introduced Brian Self, President, who welcomed everyone to the Gala breakfast and said that 2012 was shaping up to be another big year for Easy Care Gardening. Brian reminded everyone of Bruce Taylor's "thank you" as Manager that will be held on Friday, 24 February at 2.30pm, encouraging all to attend and make this a memorable occasion for someone who has dedicated the past 16 years of his life to this organisation. Brian introduced Yvonne Dewar as ECG new Manager and said that the organisation was fortunate and privileged to have someone of Yvonne's calibre join ECG. After 16 years as Manager, Brian stressed that Bruce will be a hard act to follow and predicted that the changeover will be seamless. Brian took the opportunity to formally announce that Ian Calder and Bob Mackenzie had been recognised for the tremendous contributions they have made to ECG and that, by a unanimous Management Committee resolution, they were made Life Members towards the end of last year.

We were also privileged at the breakfast to meet with ECG Patron Jennifer Stackhouse. Jennifer is a horticulturist and garden writer and lives on a small property at Kurmond with her family, dogs, cats, chooks and the neighbour's horses. Jennifer started her career with an honours Bachelor of Arts degree majoring in Fine Arts. Her early interest in social history, art and garden history lead to further studies in horticulture and a change of direction towards plants, gardens and landscape design. Today, Jennifer is Editor of the ABC Gardening Australia magazine and also writes garden stories for newspapers and magazines around Australia.

The breakfast was followed by a tool sharpening demonstration by volunteer Bob Mutton (as shown in photo on the right).

Photo on the left of a few volunteers enjoying the breakfast



GALA BREAKFAST 2012 FOR OUR VOLUNTEERS

Events for your diary

18 - 25 March - Seniors Week NSW - Hornsby, KRG, Ryde, HH Councils.

20 March Tue 11.00am - 1.00pm: Talk on "easy care gardening" (followed by a light luncheon). Speaker: Judy Horton, Communications Manager at Yates. Venue: Eden Gardens.

22 March Thursday 10am - 1.30pm: Harmony Festival 2012 Community info Expo. Eastwood Plaza (or Eastwood Masonic Hall if wet)

29 March Thursday 10am - 2pm: ECG Plant Nursery - plant stall. Outside ECG garage, Gilroy Lane, Turramurra.

10 April Tuesday: Open gardening day - Healthy Living festival event.

10 May Thurs 9.00am - 2.00pm: HACC Volunteer Expo. Venue: TBA.

11 May Friday 11am - 2.00pm: City of Ryde - Thank you to ECG Gardeners (Volunteers week) Venue: TBA

29 May Tues 6.00pm: Volunteers awards/cocktail function & networking (by invitation) Venue: City of Ryde Council Chambers

21 June Thursday 11.00am - 2.00pm: Combined ECG Services Volunteer Gardeners Picnic Day. Venue: TBA.

28 June Thursday 10.00am - 2.00pm.: Plant and Volunteer Information Stall. Venue: Hillcrest Ave, Pennant Hills.

Welcome to Yvonne Dewar - Manager

We would like to extend a warm welcome to Yvonne Dewar who has taken on the role of Manager Easy Care Gardening Inc.

A few words from Yvonne;

"Thank you for such a warm welcome to Easy Care Gardening. I feel privileged to work amongst such an amazing group of people who help others to remain in their homes. There is security for people to remain in their homes, part of their life story. I hope to hear your stories when I visit all the teams throughout the year. Please know that you are very much appreciated. Kind Regards, Yvonne"

Easy Care Gardening Inc

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www.easycaregardening.org.au ECG charity No. 10507

Easy Care Gardening Inc is a Home and Community Care Service, funded by the Commonwealth and State Governments and supported by Ku-ring-gai, Hornsby, Ryde and Hunters Hill Councils



A Service For All Seasons
Patron: Jennifer Stackhouse BA (Hons), Dip. Hort.

Around the Pathways - Workplace Giving

What is Workplace Giving? Workplace Giving is when employees donate to a charity from their pre-tax pay. In some cases employers will even match their employees' donations. If a number of employees from the one company all donate a little to a charity, then the combined contribution becomes significant for that charity. According to ABS statistics from October 2011, if just 10% of the total Australian workforce donated \$5 pre-tax a week through workplace giving, then an extra \$300 million per year would be raised for the community sector. The advantage for charities is that they gain reliable donations for ongoing work rather than relying on the success (or not) of grant applications. **We are asking our volunteers and clients if they could recommend Easy Care Gardening Inc for a Workplace Giving programme.** Perhaps you or your husband, wife, son, daughter, neighbour or friend has been impressed by our work in the community and would be prepared to speak on our behalf? Our ongoing work in the community would be greatly assisted by the introduction of Workplace Giving to Easy Care Gardening Inc. **Phone Wendy or Kate on 9144-1699 for more information.**

New on the Streets

Two Easy Care Gardening vehicles are about to get an exciting make-over, courtesy of a generous grant from the NIB Foundation. We have received funding for two "car wraps" - advertising which will cover most of the surface of the vehicles. This will be a great way to capture the attention of future volunteers, as the vehicles drive around the local area. We are very grateful to the NIB Foundation for making this possible, and also Parkers Nursery for their generous loan of gardening props, as well as the wonderful **team of volunteers** (photo), who fronted up in their ECG polo shirts to be the faces of volunteering at Easy Care Gardening.



Lyndell van Noort – winner 'Outstanding Service to the Ku-ring-gai Community Award for 2012'

Lyndell van Noort has been an Easy Care Gardening Inc volunteer and Team Leader for 22 years. She started volunteering in the early days of the organisation, back in 1989, when an article in the North Shore Times described the launch of Easy Care Gardening in Ku-ring-gai and called for volunteers to help. There are countless grateful clients of Easy Care Gardening who have benefited from Lyndell's generous donation of her time and energy, and she is the very deserving winner of this award for Outstanding Service to the Ku-ring-gai Community.

As well as her weekly role as Team Leader, Lyndell also regularly volunteers with the Plant Nursery team and with Lifeline and at Hornsby Shire's Lillian Fraser Gardens.

Profile of a Team Leader - Dwight Nelson

Dwight Nelson has been a Team Leader with Easy Care Gardening for six years. He joined after retirement and enjoys the "social event" that gardening with a team can be. As well as volunteering with Easy Care Gardening, Dwight volunteers with Meals on Wheels and his church. He is also a very keen cyclist and he uses this to raise funds for many charities. Dwight wrote this piece that gives an insight into the wonderful work that goes on to help others in the community:

Ride To The Top was initiated in 1995. It was the brainchild of David Kerr, a keen cyclist and man of vision. The purpose of the ride - to raise funds for Baptist Community Services Life Care Program. Over the first nine years, RTTT raised around \$250,000 for this cause. Since then RTTT has raised funds for various charities including Guide Dogs for the Blind and now HopeStreet Urban Compassion. Our riders cover all ages from all walks of life. Men and women. The main requirement is the ability to keep a steady riding pace over five to six hours each day. Not the Tour de France but by the end one does feel a real sense of accomplishment and physical fitness as a bonus. The ride covers approximately 650 kilometers from Sydney to the Snowy Mountains over six days. We stay off the main highways where possible which means that although we travel through beautiful countryside we are forced to negotiate some significant hills. On day seven, we complete our claim of 'Sydney to Mt. Kosciuszko' by trekking from Charlotte Pass to the top. Bikes are not allowed on the mountain. Each day's ride begins at 8:00. We ride for about 2 1/2 hours before morning tea. With the exception of the first day, lunch is at our destination. Then it is a visit to the local pool for a dip, a shower and the washing of knicks (sic) and jerseys. There is time for coffee and cake at the local cafe, good conversation, bike maintenance and a power nap before dinner. The deliciously generous meals complement sizable appetites. Accommodation is a mixture of church halls, motels and an alpine village. Rider's kit includes sleeping bag, mattress, changes of clothes and toiletries. The kits are transported for the riders so that panniers are not required. We do enjoy riding and love the challenge RTTT presents but the best part is to be able to help support the amazing work that is being done in the inner-city of Sydney by the folks at HopeStreet Urban Compassion.



Do all the good you can, and make as little fuss about it as possible.

(Charles Dickens)



Lyndell receiving her Award from the Mayor of Ku-ring-gai



Dwight Nelson above and below, on his bike.



New Volunteers

Raymond Date	Valerie Flanagan	Matthew Belcher	Anne Sharkey
Amedy Khoo	Juliana Minotti	Steven Belcher	Corporate
Max Jostons	Jan Persson	Yuankan (Daniel) Zhao	Colgate – Palmolive
Fiona Jostons	Basundahara Dhungel	Seon Jong (Conrad) Yoo	UBS
Christine Kang	Xiao (Sha) Liu - ACU	Ian Stroak	Macquarie Group
Brodie Hookins	Helga Appenzeller	Kenneth Bullock	IBM
William Scott	Sophie (Chunyan) Li	Mindong (Alex) Liu	Church of God-World Mission Society
Nick Bertsons	Sophia (Xuanjiao) Wang	Brendan Smith	CBA
Saurav Giri	Pingmo Chen	Jill Jia	Xyznetworks
David Cockerell	Kandan Wen	Michael Cole	The Trust Company
Iani Lopez	Kamil Valetov	Kourosh Dashti	AAPT
Roman Lopez	Wei (Vickey) Wu	Rebecca Mooy	Kimberly-Clark Australia
Yuan Liu	Marie Lebrun		
Jennifer Cornell			

Sage advice - Jennifer Stackhouse, Patron

The times I spent in the garden with my mother, and also with my aunt and grandmother, were both fun, and looking back a great way to learn about growing plants.

And I am still learning. Another person I have learnt a lot from is Colin Campbell, a long-time presenter on *Gardening Australia* and, until he announced his retirement this year, a top rating talkback gardening host in Brisbane.

Colin, who now lives in Maleny in Queensland, grew up on a potato farm near Christchurch in New Zealand. He says he learnt a lot about gardening by just hanging around in the paddock when kids were "seen and not heard" and listening to the talk that went on as the men took a break and downed a cup of billy tea.

He says these gardeners were competitive and proud of their achievements, especially in the vegie patch. They'd brag about growing a big carrot or an early tomato, but they'd share their tricks as well he says.

Here are three top pieces of gardening wisdom Colin has followed that he picked up more than 60 years ago from a generation of gardeners who've long hung up their hoes.

- Manure and healthy soil. Colin's dad always said healthy soil makes healthy plants. The way to get healthy soil is to add lots of manure and other organic matter like compost. "I wouldn't mind a dollar for every wheelbarrow-load of cow manure I have spread over my vegetable garden," says Colin.
- Water seeds right. Colin's sage advice is: "Water tiny seeds more often than larger seeds." This is because tiny seeds are sown near the soil surface and dry out faster than larger seeds a few millimeters further down in the soil.
- Mark a row with radish. Most vegetable seeds take 10–14 days to germinate but weed seeds come up much faster – as do radish seeds. If you mix radish seeds in with other seeds they sprout and mark the row where your other seeds were sown. As you hoe, you can avoid the still-to-sprout seeds.

Easy Care Gardening Volunteer Garden Awards 2012

Eden Gardens

301 Lane Cove Road,
Ryde. Ph: 9491 9900



September: Anne Marie Rubenach

October: Mark O'Neill

November: Bill Ward

December: Louise Catoe

Hargraves Nurseryland

630 Old Northern Road,
Dural. Ph: 9651 1833



October: Stephanie McInerney

November: Peter Stanmore

December: Anne Harvey

Parkers Nursery

45 Tennyson Avenue,
Turramurra.



October: David Duval

November: Leon Roberts

December: Rodney Crossweller

Ph: 9487 3888



Australian native bees. The beautiful Blue Banded Bee is an expert in Buzz Pollination --- a special type of pollination needed for crops such as tomatoes and many native plants.



Jennifer Stackhouse gathering flowers

Peter Whitehead Appreciation Award

Easy Care Gardening sends warmest wishes and congratulations to:

Susan Bowers

This Award is for outstanding service to volunteering.

Words of thanks from our Clients

NM West Ryde: Thank you for your wonderful help with my garden.

BB West Ryde: Thank you for the friendly and efficient working bees.

M&KB : We are most grateful for all your help to us.

EJ Turramurra: Thank you for the fantastic job the team did on my garden.

WT Pennant Hills: Thank you for working hard in pruning and clearing weeds from my garden.

Christmas cheer along with many thanks for the wonderful help the volunteers provided from:

NN West Ryde: M&KB Ryde: PP Asquith: T&MD Cherrybrook: LH Epping: EL Asquith: AG West Ryde: RJ St Ives: C&JN Waitara: EJ Nth Turramurra: IS Turramurra:FK Turramurra:EW Carlingford: LB Hornsby: BW Beecroft: SS Asquith: B West Ryde:

Caring for Orchids - Jo McGahey

Hands up anyone who once bought/was given a beautiful orchid and now has just a scant and scruffy collection of hairy bulbs and a few miserable droopy leaves with spots on them. Believe me you are not alone. But take heart. Orchids are nothing to be scared of. They are just plants, but they are often neglected and put in the too hard basket. Some magnificent (and brave) orchids will soldier on for a couple of years, without any attention or nourishment, but eventually all will succumb and turn into the sad-sacks I've just described. All you have to do to get a few nice sprays every winter/spring is FEED THE POOR PLANTS. Not only just before flowering but ALL YEAR ROUND. There are some excellent commercial preparations available. Just follow the instructions.

Every two or three years you should re-pot your orchid into proper orchid-mix after flowering. And divide the bulbs with a sharp knife when the pot looks seriously overcrowded. Discard any empty or sickly looking bulbs. Orchids like a goodly dose of sunshine and not too much shade. And just remember to give them a drink in hot weather.

Now that wasn't too difficult was it? And yes, it is a tad late, but not too late, to try and save the day, and the plants and yes, there's a chance they may not flower next spring. HOWEVER if you want to grow seriously magnificent specimens, the sort that make your neighbours envious AND win prizes, then you must Join an Orchid Growing Club where you will learn the dark arts and magical spells of SERIOUS ORCHID GROWING. WARNING - Serious Orchid Growing, just like Serious Rose Growing, can be addictive.

What to do in the garden - from our Patron, Jennifer Stackhouse

Check ripening pumpkins. Heavy fruit that sounds 'drummy' is ready to pick. Slip a tile under pumpkins in contact with soil to avoid rot. When harvesting, pick with a length of stem attached.

Make a leaf bin to hold all the leaves you'll be raking up from fallen trees. Add a few handfuls of lime and blood and bone to speed decomposition.

Plant spring-flowering bulbs this month such as daffodils and tulips. For easy-to-grow bulbs choose freesias, jonquils and ixia.

Gnome news corner - Importance of being earnest

A play on words here to catch your eye and to remind you that we love that you accept the various invitations, e.g. luncheons, Christmas party, afternoon teas, film nights. However, we need your help - would you PLEASE let us know after accepting an invitation if your circumstances change and you are then unable to attend. This helps us with catering and costs, and also where numbers are limited provides a space so another may come along to the occasion.

Looking forward to seeing you at the next occasion.



Gardening Quotes:

Gardening is a matter of your enthusiasm holding up until your back gets used to it.



Phalaenopsis hybrid
[Moth Orchid](#)

