

Easy Care Gardening Inc.

Autumn 2013 Newsletter

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VOLUNTEERS' GALA BREAKFAST 2013

Over fifty hungry volunteers enjoyed a delicious cooked breakfast at the Volunteers' Breakfast on 6 February. Our thanks to Tony the chef from Meals on Wheels for the great hot breakfast (and the delicious scrambled eggs).

Yvonne Dewar welcomed everyone to the breakfast and thanked the volunteers for their great contribution to the community. This was followed by the President, Frank Windeyer, who also thanked all the volunteers and acknowledged the contribution of retiring volunteers, Ken Willis – who has made an enormous contribution to the ECG lawn mowing service, retiring after 23 years, (photo below left) - and Eric Smith, a volunteer for 12 years and long-term team leader, (photo below right).

Both will be missed by Easy Care Gardening and the community.



Guest speaker and ECG patron, Jennifer Stackhouse gave an interesting speech, touching on the many benefits that volunteering provides to the volunteers themselves. Jennifer also kindly donated two signed copies of her beautiful books, *The Organic Guide to Edible Gardens* and *Planting Techniques*.

(Photo on right Jennifer Stackhouse and Yvonne Dewar)



After catching up with staff and friends, many volunteers headed straight off to the gardens to work off their breakfasts.

Garden Expo - Easy Care Gardening Festival

In August 2013 Easy Care Gardening Inc celebrates 25 years of providing gardening assistance to the aged.

What better way to kick off the celebrations planned this year than to have an Easy Care Gardening festival on Thursday 21 March, from 1.00pm - 4.00pm, during Seniors Week.

There will be various gardening stalls, promoting ECG to both seniors and potential new volunteers, plants for purchase, along with guest speaker, gardening writer Meredith Kirton. There will also be live music for entertainment, tool and gardening demonstrations and a free light afternoon tea.

ECG will be providing information about the launch of our new 'Tool Shed' venue where the men can gather from time to time and exchange their knowledge. At this festival our new logo will be launched (to whet your appetite check out 'Around the Gardens' in this edition), along with new promotional and training DVDs, (see the 'Gnome News Corner' section in this edition).

Events for your diary

17-24 March: Seniors Week NSW - Hornsby, KRG, Ryde, HH Councils.

19 March Tues 9.30am - 12.30pm: Seniors Security Expo. Venue: Turrumurra Uniting Church Hall, 10 Turrumurra Ave, Turrumurra. (see inside newsletter for more information on this event)

21 March Thurs 11.00am - 1.30pm: Community Info Expo 2013 (Harmony Week). Venue: Eastwood Plaza (or Eastwood Masonic Hall if wet).

21 March Thurs: 1.00pm - 4.00pm: Garden Expo - Easy Care Gardening Festival: Plant and volunteer information stall, free afternoon tea, celebrity guest speaker and much more. Venue: Turrumurra Seniors Centre, Gilroy Lane, Turrumurra.

24 April Wed 9.30am - 11.30am: Training session 'Looking after my back' Venue: Turrumurra Seniors Centre, 7 Gilroy Road, Turrumurra.

9 May (TBC) Thurs 9.00am - 2.00pm: HACC Volunteer Expo. Venue: P Block Function Room, Meadowbank, TAFE (entrance via See Street or Rhodes Street).

13-19 May National Volunteer Week.

16 May (TBC) Thurs 10.00am - 1.00pm: H/KRG HACC Volunteer Expo. Venue: Westfield Shopping Centre, Hornsby (outside Kathmandu) Hornsby.



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

Easy Care Gardening Inc

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Around the Pathways - Easy Care Gardening Inc's new logo!

Out with the old



and in with the **NEW**



Coming soon is Easy Care Gardening Inc's **new logo!** Professionally designed by a talented **volunteer** graphic designer, the new logo will bring our letterhead, website, polo shirts and promotional material up-to-date, with a fresh new look. The new logo features a leaf within a simple house shape and is designed to reflect the service offered by ECG in a contemporary style. The Promotions team would like to extend their thanks to Grant Steele of GMS Creative, who volunteered his time and expertise through the Good Company website. **Thank you Grant!**

Seniors Security Expo - All Welcome! FREE Event!!

Tuesday, March 19, 9:30-12:30pm at Turramurra Uniting Church, Turramurra Ave, Turramurra.

The Expo will have around 20 - 30 exhibitors, invited from the various Crime Prevention, Insurance, Security and Personal Safety industries. Easy Care Gardening will have a stall and the emergency services will also attend. Please share the date with your friends and colleagues, and ask that they pencil it in their diaries.

Exhibits include 'Out and About' Personal Safety on the Move, 'Ramps n Rails' for Seniors, 'Police looking after Seniors', 'At Home; Safe and Secure'. Plus presentations, raffles, prizes, and refreshments. Ku-ring-gai Mayor Elaine Malicki will welcome all to the event.

We hope it will be a great treat for the Seniors in our community.

Seniors Security Expo – 'Feel Safe, Be Safe!' Committee, on behalf of your local Neighbourhood Watch volunteers

The Seniors Security Expo will be well worth a visit.

Profile of a Team Leader - Maree Horan

Maree Horan is a very canny Team Leader. She organizes husband Bill - who also gardens with her - to do the driving to and from the gardens, and she organizes long time volunteer Faith Safer to look after the money and paperwork.

Maree volunteers for Easy Care Gardening one day a week. Her husband Bill started volunteering with Easy Care Gardening and Maree soon decided to volunteer as well. Bill and Maree work in the same team one day a week, but while Bill works quietly on his own ("he's not much of a talker"), Maree enjoys chatting with the other volunteers, joining Easy Care Gardening for (as she terms it) her "...own selfish reasons" – that is, because she wanted to meet new people. She didn't join because of a great desire to help the elderly – she hadn't had much experience with older people at the time - but she soon realised what a difference her work was making, and that so many of the clients simply enjoyed the company. She could see what a difference the gardening work was making to their lives. Maree further explains that she is "not a cup of coffee type person". She likes digging in the dirt, being outside and getting things done. The volunteer work is "not moving mountains" but is her "own little way of making a contribution". "I know lots of people who complain about how bored they are. Why don't they go out and volunteer and get involved?," asks Maree.

With five grown up children and nine grandchildren, Bill and Maree have very full lives. They get to their own garden occasionally but as Maree explains, they don't set aside a specific time for their own garden in the way that their gardening day with Easy Care Gardening has been set aside, and so it is often neglected. As well as keeping fit, getting out and about, and feeling like she is making a contribution to her community, Maree enjoys the gardening because it gets her "...out of my own circle". She enjoys meeting people and, as she explains so well: "It doesn't matter where you come from, we're all equal as gardeners."



Logo is a [graphic](#) mark or [emblem](#) commonly used by commercial enterprises, organizations and even individuals to aid and promote instant public recognition.



Maree Horan



Maree and Bill Horan working in one of the gardens

New Volunteers

| | | | |
|--------------------------|------------------------|------------------------|---|
| Kevin Scott | Kongluan (Stanley) Lin | Jie Ling | Aamir Alikhan |
| Janice Scott | Rebecca Wood | Jiyoung Ok | Soledad Barraza |
| Leanne Frostick | Tamsin Ross Knapp | Nicholas Skarratt | Vicki McGilvray |
| Lisa Georgas | Alexander Loos | Stephanie Colacino | |
| Cameron Fraser | Monica Poole | Jiefeng Lao | Corporate |
| Richard Bolton | Rimma Myton | Claire Miller | Deloitte |
| Charles Thorn | Lynette Loh | Laura Wiggins | United Way - AMP |
| James Sweeney | Louise Rogers | George Bai | Maccabi NSW |
| Bronwyn Evans | Lanmei (Sophie) Xue | Hugo Foong | Turramurra High School |
| Amanda Rodriguix Formiga | Tariq Nadim | Kieran Oliver Hayes | Christ Evangelical Centre of Australia |
| James Horton | Caroline Hicks | Sirimanne Francis | Ernst & Young |
| Mojtaba Danai | Vivienne Barry | Kankanamage B Navindra | |
| Mary Christine Smith | Anne Leung | Mary Ellen Housego | |
| Diana Swift | Deborah George | Nathan Jones | |
| Olena Honcharova | Yong Chen (Joanna) | Robin Daroczy | |
| Helen Cheng | Liang | Navpreet Sandhu | |
| Robert | Jarrold Redelinghuys | Shanil Fernando | |
| Samuelsdorff | Jason Chantarat | Adam Zielonka | |
| Leisa Maree Ross | | | |

Lemons - Jennifer Stackhouse, Patron

Citrus trees are made for the Aussie backyard but if you only have room for one citrus, which should you choose? I recommend a lemon. Sure, you don't sit down and eat a lemon, but you use lemons all the time in the kitchen. Lemons are rich in Vitamin C, but they have other benefits. The acidic juice is a preservative and, as jam makers know, lemon juice added to jams helps them set. They store well on the tree, but if you have lots and need to use them, they can be turned into cordial, preserved lemons, marmalades, lemon butter, or simply cut into quarters and frozen for later.

All sizes; lemons used to be large trees in every backyard, but today they come in a range of sizes from pot-size to six metres high. In my garden at Kurmond I have a 'Meyer' lemon, selected for its long cropping (summer to winter) and juicy fruit. It also tolerates the cold conditions we get here. If you haven't space for a tree in the garden, a 'Meyer' can be grown in a pot. Even better though is 'Lots a' Lemons', a dwarf form. 'Eureka' is another popular variety for the backyard. It holds its fruit well and has few seeds. Also widely grown, especially away from the coast, is the smooth skinned 'Lisbon'. Its fruit is juicy and they grow on a spreading tree that can double as a shade tree.

Growing guide: Plant lemon trees at any time, however grafted potted plants are plentiful in autumn and winter. Select a sunny but sheltered spot with well-drained soil (you may have to move the clothes line!). Plants cope with afternoon shade, but do best with full sun all day, and no competition from other plants. If you are planning a citrus orchard, allow 3m between trees. Don't stint on watering, especially when trees are first planted and when they are forming fruit. In areas with poorly drained soil, make raised beds to grow citrus. Allow at least 30cm depth for the root area. Pruning is not needed to produce fruiting wood, but lemons are pruned to remove dead growth, create a bushy shape and to thin fruit if the crop is too heavy. Prune in spring if necessary, to avoid any chance of exposing the stems to hot sun. Apply fertiliser just before flowering at the end of winter (usually August) and again in late summer (usually February). Use horticultural oil to combat citrus leaf miner during the growing season and during winter to reduce the numbers of summer bugs, such as bronze orange bug. This biologically friendly oil also helps control other citrus pests including aphids and scale.

Easy Care Gardening Volunteer Garden Awards 2013

Eden Gardens

301 Lane Cove Road,
Ryde. Ph: 9491 9900



Oct: **Karen Bones**

Nov: **Alan Wendeborn**

Dec: **Ian Norman**

Hargraves Nurseryland

630 Old Northern Road,
Dural. Ph: 9651 1833



Oct: **Rosemary Keogh**

Nov: **Klaus Gerhardt**

Dec: **Penelope Dickson**

Parkers Nursery

45 Tennyson Avenue,
Turramurra.



Oct: **Maria Harrington**

Nov: **Trevor Giblin**

Dec: **Karl Arbidans**

Ph: 9487 3888



Teddy Bear Bee:
Covered with dense red-brown fur, the rotund teddy bear bee is one of Australia's most appealing native bees and can provide you with a real teddy bears' picnic in your garden.



Jennifer Stackhouse
'fruit picking'



Tuesday team with Trevor Giblin receiving his garden award.

Words of thanks from our Clients

SS - Asquith: Thank you all, made my day. **RCW - Berowra Hts:** Thank you for the wonderful work. **CW - Killara:** Garden looks amazing. **EMG - Gordon:** With gratitude for the beautiful work. **WT - Pennant Hills:** Thank you for all the work you have done in my garden. **S&K S - St Ives:** Thank you to our wonderful helpers who bring us a great deal of pleasure. **TA - East Ryde:** Many thanks to the boys and girls for the lovely job you did in my garden. **EH - Pennant Hills:** Thank you, my garden has been admired by many people. **VW - Lindfield:** Thank you so much, I appreciate it and also the marvelous service from the volunteers. **G&JY - Hornsby Hts:** We appreciate all the hard work the team does for us. **PB - Brooklyn:** Thank you for such a fine job done. **JB - Hornsby Hts:** Thank you for the great job all your teams do

Waste Not Want Not - Jo McGahey

When adding autumn leaves to your compost heap don't forget to hurry things along with some compost activator. You can buy this activator, but why not make your own? It's heaps cheaper.

To 20 litres of water, add a 10 litre bucket full of old compost, animal manure or bone-meal. Any of the three will do the job. Now toss in a can of flat beer and a cup of household ammonia. Some aficionados suggest just a dash of urine, but I'll pass on that. Mix well and sprinkle a litre or two over the top of the heap at intervals. Always cover with leaves. Do not let the heap get wet. Moist is just right. NB If you use thick, tough leaves like those from Plane trees or similar, it will pay you to first chop as finely as possible.

Happy composting!

What to do this month - Jennifer Stackhouse, Patron

There are lots to do in autumn gardens, from preparing for the annual leaf deluge, (find the rake, build a leaf bin and cover the swimming pool or pond), to planting new shrubs and trees.

Turn the last of the tomatoes into chutney, then clean up all the spent summer vegies. Add compost and manure to revive the soil.

Plant winter vegie crops such cabbage, broccoli and cauliflower.

Also plant garlic cloves (organic cloves available online at greenharvest.com.au).

Buy and plant bulbs for spring flowers in the garden. Store tulips and daffodils in the crisper section of the fridge for six weeks before planting.

Pot up pansy seedlings for flowers to give you a lift in autumn and winter. Look for interesting new varieties.

Enjoy indoor flowering plants, including cyclamen.

Working bee at Galston

Two of the gardening teams joined up for a gardening extravaganza at Galston.



Way, way in the background of the photo on the left you may just be able to spy the volunteers 'mulching'. There is even an old bath tub on the property to hold water for the goats and sheep.

'We had an extremely productive morning and truly the 10 volunteers and myself worked like little navvies to get the job done' said Jenny Nakhla (team leader of one of the teams).

They were encouraged by the neighbours – horses, goats, sheep and white cockatoos, who were all very interested in the proceedings.

As the client lives in the vicinity of Fagan Park, the teams adjourned there for a well earned leisurely sausage sizzle. **Well done Teams!**

Gnome News Corner - ECG goes live on DVDs

Coming to a screen near you... The promotions team have been busy working on new promotional and training DVDs. Featuring some of our lovely clients and a willing team of volunteers, the DVDs will be used to promote ECG out and about and as an induction and training aid for new volunteers with tips on pruning, mulching and weeding.

The DVDs will be screened at the Easy Care Gardening Festival.



Gardening Quotes: In every gardener there is a child who believes in The Seed Fairy.

~Robert Brault



Approval from the neighbours

