



# Easy Care Gardening

*The latest news, clippings and snippets*

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## **BREATHE IN: Green Spaces Really Are Paradise on Earth**

The pandemic has revealed a lot about what's important, aside from toilet paper. Some of the richest treasures it seems we have in our neighbourhoods are the parks and gardens that stake their claim in many suburbs. Public or private back yards, green space is a vital asset worth treasuring.

Many parks have been utilised for weekend sport for decades, but some smaller pockets less so. Finally the bustle of life stilled enough for the local park to regain its status as paramount - something all young parents with small children have known. They are an escape from the built environment, a safe haven for picnics, walks and often wildlife.

In a study published in May this year on in the British Ecological Society *People and Nature Journal* titled **Urban green space use during a time of stress: A case study during the COVID-19 pandemic in Brisbane, Australia**, the authors concluded that *"increased urban green space use during moments of stress such as the COVID-19 pandemic has the potential to ameliorate some of the negative effects ... and that sufficient urban green space provision for all sections of society will maximise the opportunity to employ a nature-based coping mechanism during times of personal or community stress."* For the clients and volunteers of ECG, gardening and green spaces have been a safe haven too.

## **Be a Friend**

Support us by becoming a friend of Easy Care Gardening. Donations of \$2 or more are tax deductible. Contact [administration@easycaregardening.org.au](mailto:administration@easycaregardening.org.au). For more details go to our website - we have an online payment system being developed.

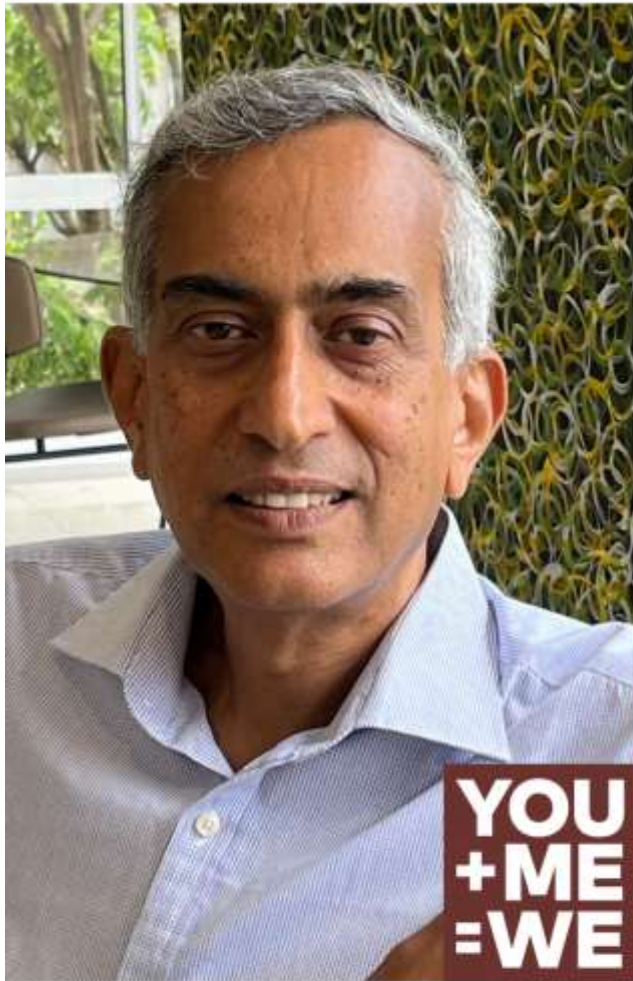
Charity No. 10507 ABN. 96 338 250 354

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HERE'S HOW  
YOU CAN HELP





## Treasurer Close-up:

### Mahesh Nair - husband, father & grandfather

Mahesh migrated to Australia in 1996, and confesses he "loves the land and the people and is proud to call Australia home." He has worked across the world - in India, Dubai, South East Asia and Australia, most recently for a German multinational in dialysis care. "It has been an extremely interesting experience working, particularly in S.E Asia, with their varied business environments and culture, not to mention the cuisines. I am not much of a gardener but am grateful that ECG has given me an opportunity to contribute to the community. Hopefully over time, at least by association, my gardening skills will improve." We are grateful for his contributions thus far.



This is a serious haircut! Unlike many of us in lock down the plumbago hedge could at least get a good trim! If your garden is still waiting for its 'short back and sides' please be patient with us while we get back on top of things!

**YOU  
+ ME  
= WE**

## Can You Help?

### Tools of the Trade

We are hoping to organise some new tool kits for our volunteers. If you think you're able to donate, we can acknowledge you (or your business) on our social media pages and e-news.

If you can't donate but would still like to help, perhaps you can share this fundraiser on your social media pages or deliver some cards or flyers for us? Donations can be made directly to the office, or through our [Go Fund Me Page](#).

**Please donate a tool kit to our volunteer gardeners!**  
**Call 9983 1644**  
**Tool kit \$500**  
**Tool set \$200, \$100 or \$50**  
All donations over \$2 are tax deductible

## Pop Up Stalls We need you!



Out and about...getting prepared for 2022 and the post-COVID years!

Easy Care Gardening has been out at Westfield Hornsby spreading the word about what the organisation does. We had a visit from Phil Nicholls, past volunteer, as well as Phil Manton, present team leader and volunteer.

Many thanks to staff members Amanda, Leanne and Meredith for helping and HUGE thanks to Peter Sadler, Marjorie Caws, Anthony Kee and Morris Nakhla for giving their time.

We have plans to go to some local nurseries and Bunnings BBQs in the area, and would love to hear from you if you're able to help sizzle a snag or hand out flyers. [marketing@easycaregardening.org.au](mailto:marketing@easycaregardening.org.au)

## Dressed for the job

Uniform - Get It On!



**Do you need new gear?  
Wear it with pride!**

We are organising some new 95% cotton short sleeve t-shirts in navy or sand, in a variety of sizes and genders. We are also looking at additional options for our volunteers. Let us know what you need and we can get you outfitted ASAP! Contact [coordinators@easycaregardening.org.au](mailto:coordinators@easycaregardening.org.au)

## Timely Advice

What To Do in the Garden This Summer

- ✿ Summer is prime time for fungal problems, so be vigilant.
- ✿ Are you trying to brighten the place for summer outdoor gatherings? Think about some annuals now for Christmas.
- ✿ Remove spent flowers from easy seeders such as agapanthus before they have a chance to spread.
- ✿ Don't be tempted to lower you mower blades lower as the grass grows faster - closely cut grass enables weeds to grow.
- ✿ Do you have summer fruit growing like tomatoes? Don't forget to protect them from fruit fly with baits and bags.
- ✿ Deep watering once a week is more use to your garden than shorter, frequent spells.
- ✿ Watch out for grubs and caterpillars and squish ASAP!

### Want to connect?



We now send out a monthly e-newsletter that you can sign up to receive... and don't forget to like us on Facebook and Instagram and tag your friends!



Or simply phone to talk to us on 9983 1644 or sms 0423 717 948



## Easy Care Gardening Perpetual Awards - Thank you!

Marjorie Caws is this year's recipient of the Kathleen Ciemiega award. Kathleen Ciemiega was a founding member of ECG and it is given each year in her memory. It is a perpetual award which is presented to the volunteer who, like Kathleen, shows dedication to the values of Easy Care Gardening.

Marjorie's enthusiasm, generosity and compassion made her a very worthy recipient.



Left to right: Marjorie Caws, Janine Zilifian

Marjorie has volunteered since 1993 (28 years) - with positivity that her team, employees at Easy Care Gardening and clients find uplifting. Marjorie has led the volunteer teams.

The Brian Self Award is awarded to Sue Bowers. The late Brian Self was a past president of ECG and the award is given annually in his memory. It is presented to the volunteer who, like Brian, gives significant service to ECG.

Sue joined ECG on 6th September 2009 (12 years of volunteer service) and has been a regular and reliable volunteer, generously giving over 2,289

hours of her valuable time to assist our vulnerable elderly clients. Sue is known to be "down to earth", thorough, calm, and she has an efficient approach in all that she does. Sue has led volunteer teams and trained new volunteers.

Marjorie Caws and Sue Bowers; worthy recipients of these awards.



Left to right: Frank Windeyer, President, Sue Bowers and Judy Horton, Patron

# Pond Dwellers

by Daniele Di Paolo

Fancy a cool off? Chances are, you're not the only one! A garden pond is a true wildlife magnet. It provides a home, breeding grounds, bathing spots, food and a watering hole for all types of creatures including frogs, birds and insects. Although Australia is home to 240 frog species, many of them are endangered, and we can help stem this decline with a garden pond. A few plants in the water and native plants in the surrounding area, together with some rocks and logs for easy access from the ground, will create a natural environment for the local wildlife. A combination of shrubs, grasses, ground covers and water plants provides not only shelter and food for tadpoles and frogs, but will attract insects and bugs - some of which might be the frogs' next meal! To be a friendly place for all, the pond should have a section of deep water but also plenty of shallow water as the like of tadpoles and dragonflies love and need these really shallow areas. Let fallen leaves and twigs accumulate on the bottom of the pond, as these will form part of the habitat your pond dwellers call home.

## Lawn Care Tips

### Sowing the seeds to success

"One year's seeding is seven years weeding" they say, so getting weeds out before they have a chance to drop seeds is vitally important for long-term success.

1. Roots and all need to come out in most cases so that weeds don't simply regrow.
2. Choose the right tool for the job - weeders will help leverage out stubborn tap roots.
3. A little often is easier to keep plants in check, so don't let things get out of hand if you can spend 15 minutes a day - do it now!
4. If you're unable to remove the weeds, you can keep them trimmed to stop them flowering and going to seed.
5. Don't put perennial weeds like onion grass and oxalis into the compost.
6. If you are going to use a weedicide, consider an organic alternative like *Slasher* which is made from pine oil.
7. Other ways of killing weeds include burning them - yes you can buy weed burners - and scalding them with hot water from the kettle.

Register for our next workshop on lawn care [marketing@easycaregardening.org.au](mailto:marketing@easycaregardening.org.au).

## GARDEN FAVOURITES

by Daniele Di Paolo

### *Eleocarpus reticulatus*

Blueberry Ash is a tall and slender native tree that is covered in soft white or pink frilly flowers in spring and summer, followed by small berries that last through winter. The masses of flowers, arranged in rows along the branchlets, are bell-shaped with a fringed edge, giving them the dainty appearance of small hanging skirts and their common name of "fairy petticoats".



They have a liquorice scent and are very popular with bees, while the berries - which give the tree its common name - are bright blue and resemble small olives.

Both the flowers and fruit are loved by birds like the bowerbird, currawongs and rosellas, so adding a blueberry ash to your garden will attract and provide them with a long-term food source.

This is truly a tree for all seasons, with leaves that change from bronze/pink new growth to "textured" green as they age, with the odd old leaf changing to a deep red colour before it falls. In my book, this beautiful, low-maintenance tree ticks all the right boxes! At 8m x 3m, perhaps you have a spot for one at your place?

## ASTERACEAE

### The Daisy Family

As well as the plants with 'daisy' in their name, sunflowers, gerberas and cosmos are also daisies. There are also Australian native daisies like *Brachyscome* and paper daisies. Most grow from seed and are a fun and fast flash of colour for your garden.

