



Easy Care Gardening

The latest news, clippings and snippets

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SENIORS FESTIVAL WRAP - February 1-12

Easy Care Gardening celebrated the wonderful contribution seniors make to our organisation by participating in the Ku-ring-gai Seniors Expo at Turramurra on February 8. We also ran activities at Gordon Library and at the North Ryde Community Centre on Valentine's Day, February 14 in conjunction with the City of Ryde.

Kim Harris, Community Development Officer with the City of Ryde remarked "Easy Care gardening in partnership with the City of Ryde hosted the joys of edible (and easy) gardening activity where seniors learnt the basics of growing herbs in a hanging basket. The activity was fully booked and seniors were most enthusiastic to create their hanging basket that they got to take home to enjoy."

Seniors Festival is an initiative of the NSW Department of Family and Community Services and celebrates the role that seniors play and the contributions they make to the community. The theme for this year's festival is 'Celebrate together', and it was fitting that the Ryde event was held with Mandarin interpreters.

Ms Harris added, "This activity brought people together to celebrate their common interest in gardening, socialise and meet new people. It also was an opportunity for them to learn about Easy Care Gardening and how they can make a valuable contribution to community through becoming an Easy Care Gardening volunteer."

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COMMUNITY PITCH: Bendigo Bank and 23 other Pitch Partners 'Showing us the Money'!

On the 26th October 10 organisations got together for an event called *The Community Pitch*. Sharon Franke, Community Development Manager of Bendigo Bank said, “*Community Pitch 2022 was a fantastic night! I think everyone enjoyed listening to the pitches and learning more about 10 of the wonderful organisations in our community – the Easy Care Gardening team wowed us during their three minutes on stage. We were blown away by the incredible generosity of our local businesses, together with the community bank’s donation of \$26,000; we were able to give away \$56,000 to the 10 charities pitching on the night.*”

The event was attended by about 120 people, including Jeff Pettett, Mayor of Ku-ring-gai Council, the Honourable Philip Ruddock, Mayor of Hornsby Shire, and the Master of Ceremonies was Hornsby Shire Councillor Sallianne McClelland. At the end of the evening \$4300 had been donated to their cause. Volunteer Marie Clarke reflected on “*the kindness of strangers donating to Easy Care Gardening, plus the acknowledgement of the essential service we provide to keep our elderly and infirm neighbours safely in their own homes. It was interesting to hear about other local groups and the support they provide to the community, and a unique opportunity to play a small part in publicising the volunteering role and service benefits we play within Easy Care Gardening as volunteers.*”



Leanne Babic, CEO, Volunteer Marie Clarke, Coralie Jensen, Volunteer Manager, at the Community Pitch



Left to right: Coralie Jensen, Volunteer Manager, Marie Clarke, Volunteer, Leanne Babic, CEO and Committee Member Ian Woolcott at the Community Pitch event



Left to right: Suzanne Saunders, Janine Zilifian, Louise Finckh, Ian Woolcott, David Cockerell, Frank, Daniele Di Paolo, Phil Summerfield, Cathleen Ciemiega Award winner, Tim Jackson, Deputy Mayor Cr. Barbara Ward, Mayor Cr. Jeff Pettett, Leanne, Donna Palmer, Marie Clarke Brian Self Award winner, Sue Hamling, Judy Horton, Kaz Abramowicz, Fran Thorpe

Perpetual Awards and Lifetime Achievement Awards



Marie Clarke, Brian Self Award recipient; Frank Windeyer, ECG President; Leanne Babic, CEO.



30 year Lifetime achievement Award winner Suzanne Saunders and Mayor of Ku-ring-gai Council Jeff Pettett.



Judy Horton, Patron of ECG with Phil Summerfield, Kathleen Ciemiega Award winner and Janine Zilifian

END OF YEAR EVENT
Killara Bowling Club, by Daniele Di Paolo



Elizabeth, Phil, Larissa and Claire

After all the ups and downs of 2022, whether brought about by rainy days, the Covid wave or other events, it was time to celebrate, and what better way to do it than with a get-together of volunteers. Many of us turned up early at the Killara Bowling Club on Thursday 8 December to show off or develop our skills at barefoot bowls (still very much a work-in-progress in my case!), simply enjoy the sunny afternoon in the company of friends and be treated later in the evening to a nice barbecue dinner.

After being given some basic tuition on the rules and technique of the game, a large number of randomly formed 4-member teams participated in the barefoot bowls "challenge", with some serious competition and great players on the field. As well as bowls, our entry-door coupons gave us a chance at winning prizes in the draw that took place after we had all enjoyed our food, refreshments and chatted the day away. While not everyone could be a winner – although there were many of these - nobody went home empty-handed as we were all given presents before departing a well-deserved and most appreciated celebration.



Daniele Di Paolo getting ready to bowl with Basundhara and Kevin from the Thursday Area 5 team watching on

Making an Impact

Deloitte's Impact Day is an annual global event held in November. It's an opportunity for Deloitte people to put their passion, determination and skills to use for the benefit of their communities—leaving behind their laptops, conferences calls and emails to make a difference in the communities they serve. They provide skills-based volunteering and a helping hand to hundreds of not-for-profit organisations where they share their knowledge and expertise.

Gardening coordinator Jennifer Nakhla said *"the client Mike's wife always looked after the garden, and since her long illness then death, and his recent hospital stays, the garden has become very overgrown and neglected"*, adding *"He was most appreciative and couldn't believe how much better*



Deloitte's Impact Day Team

his garden looked "like someone lives here and cares about it". Ryan Leon, Senior Analyst at Deloitte Touche Tohmatsu reflected that "Our team really enjoyed the day and we were glad to make an impact that matters to your client!"



Be a Friend

Support us by becoming a friend of Easy Care Gardening.

Donations of \$2 or more are tax deductible. Contact info@easycaregardening.org.au. For more details go to our website www.easycaregardening.org.au PO. Box 5337 South Turramurra | Charity No. 10507 | ABN. 96 338 250 354



Bird Feeders - What's the Story?

Planting native grasses is one of the best things you can do to provide food for seed eating birds. These include Kangaroo Grass (*Themeda*), Weeping Grass (*Microlaena*) and sedges, and will attract King Parrots and Crimson Rosellas, as well as smaller birds like finches and silvereyes. Although the advice is NOT to feed birds, millions of people do. If you're after advice on how to BEST feed with feeders, read *Feeding the Birds at Your Table*, by Darryl Jones.



by Meredith Kirton

Autumn Gardening Tips

- Late summer and early autumn is the perfect time to take semi-hardwood cuttings if you're trying to save money and fill in gaps in the garden
- Did you buy a living Christmas tree? Now is the time to feed it with slow release plant food
- Prune off any spent flowers on your lavender bushes to keep them looking thick and bushy
- If you're planning on planting bulbs, buy them now and pop them in the fridge crisper for a month before planting
- Dead head flowering perennials like Easter daisies, salvias and cone flowers to encourage more blooms
- Autumn is a great time to plant winter vegetable crops like cabbages and kales, peas and broad beans, and winter/spring flowers like pansies, primula, sweet peas and poppies.

Did you know these Interesting Autumn Facts?*

By Daniele Di Paolo

1. There are two different dates when autumn could be said to begin in Australia (and the Southern Hemisphere more generally). As defined by the Earth's orbit around the sun (astronomical definition), it begins on the equinox (from the Latin for "equal night") on March 20 or 21 – the latter this year, when the Sun crosses the equator's path and becomes positioned exactly above the equator between the Northern and Southern Hemispheres, making day and night around the same length. However, what is known as meteorological autumn – our common definition of autumn – begins on 1 March. The Australian Bureau of Meteorology (BOM) notes that for Australia, using the first of the month to mark the beginning of a new season is a better fit to our temperatures and more convenient for compiling and presenting climate-based statistics.
2. The most noticeable sign of autumn is changing leaf colour, subtle at first for some trees and shrubs as they prepare for winter, leaves then turning red, yellow, orange and brown before they fall to the ground. This is brought about by the shortening of days in autumn, when the trees begin to close down their food production systems and reduce the amount of chlorophyll in their leaves. This is the chemical that makes tree leaves green and as it declines other chemicals become prominent in the leaves. These chemicals are responsible for the colours of autumn and are actually the same ones that give carrots and egg yolks their colours!
3. The gradually cooler temperatures in Sydney make autumn a "transition" season (as is spring as temperatures get warmer). However, for Australia's northern tropics, there is little difference between average weather temperatures in "winter" and "summer", so each year tends to be divided based on rainfall patterns: wet season, the months that generally include the heaviest rainfall, and dry season, the months that generally see less rain.

While to us gardeners any time is a great time to spend in the garden, the usually mild autumn weather makes it most enjoyable as we prepare it for the cooler days of winter and use all those fallen leaves as a valuable source of mulch.

www.metoffice.gov.uk/weather/learn-about/weather/seasons/autumn/autumn-facts
<http://www.bom.gov.au> (BOM Blog)

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