

Providing Volunteer Gardening Services since 1988

The latest news and announcements from Easy Care Gardening



Pictured: The ECG Gardening team with new equipment donated by Hunters Hill Council. L-R: Mary Ellen Housego, Stephen Latham, Lynda Wightman, Christine Wyness, Malinda Fraser, David and Wendy Ralph.

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New member joined the ECG office team

Volunteer Appreciation Day Photo Competition - Winners Announced

Our volunteers love the opportunity to show their creative side. At this year's Volunteer Appreciation Day, they did just that, by showcasing their best photographic efforts to win a token prize - a mug with the famous painting by Georges Seurat called *A Sunday Afternoon on the Island of La Grande Jatte*.

The brief was to capture an image that fit in one of the four categories:

- Best photo containing a sculpture
- Best photo containing water
- Best photo containing volunteers
- Special award to include all categories in one image



Image by Frances Sui capturing 'Kin', a Figurative Sculpture by Edison Chen

The prize for the best photo containing water was awarded to **Frances Sui** for her image of *Kin*, a Figurative Sculpture by Edison Chen.

The best photo containing water was awarded to **Lisbeth Allen** with an image of the glistening waters of Woolloomooloo wharf.

The best photo containing volunteers was won by **Jan Williamson** with an image of fellow volunteers, viewed through the vibrant floral sculpture by Yayoi Kusama at the Art Gallery of NSW.

Lastly the best photo to encompass all three elements of water, sculpture and volunteers was by **Morris Nakhla**. The image shows a volunteer leaning on the outdoor Figurative Sculpture *Conversations* by Phillip Piperidis.

Congratulations to our winners and thank you to everyone who submitted an entry.



Image by Lisbeth Allen of the glistening waters of Woolloomooloo wharf



Image by Jan Williamson of fellow volunteers through the sculpture by Yayoi Kusama at the Art Gallery of NSW



Image by Morris Nakhla encompassing water, sculpture and volunteer



Tech-Savvy Seniors

A directory of free and low-cost digital literacy courses in Northern Sydney for older adults.

Get Tech Savvy in Northern Sydney – Tech Savvy Seniors Directory

The **Healthy Ageing team** from Northern Sydney Health Promotion, have been collating information on low-cost and free digital literacy courses for older adults across Northern Sydney with a new webpage and easy to read and print directory.

Digital literacy skills and confidence are necessary to participate in today's digital world. It's never too late to learn new skills and grow your confidence!

Click here to access the directory.

On Thursday 27th July, visit the Ku-ring-gai Wildflower Garden in winter. From small prickly shrubs to tall trees, come and learn how to identify these and get your native plant questions answered. More information [here](#).



Eastwood Night Markets are held in Eastwood Plaza every Saturday from 4pm-10pm. Eastwood Night Markets offer handmade goods, fun kids activities, multicultural delicacies and community education sessions. Stalls offer everything from plants to fresh produce, handicrafts, tasty street food and more. More information [here](#).

Hornsby Council have organised a special bushwalk to mark NAIDOC week. Led by Darug Custodian, Uncle Laurie Bimson, this free tour will take you through the bushland of Berowra and on the traditional lands of the Darug and Guringai peoples. More information [here](#)



Zoom info talk - How to apply or upgrade My Aged Care service (Cantonese)

This event is an online information session tailored specifically for Cantonese-speaking seniors, focusing on My Aged Care services and upgrades. The goal is to educate participants about the application process for My Aged Care services, highlight the differences between the Commonwealth Home Support Program and Home Care Package, and provide guidance on how they can upgrade their current services. More information [here](#).



Our Valued Supporters



Grant funding is essential for our work to continue here at Easy Care Gardening (ECG) and the recent donation from **Hunters Hill Council** has been received with a lot of gratitude from the ECG team. Lynda Wightman, ECG Coordinator Manager, has experienced the benefits first-hand. "Having the battery-operated brush cutter is enormously helpful to tidying up a garden, especially edges, paved areas and overgrown grass. Not only for the appearance of a garden, but for the safety of our elderly clients. It also enables us to get through a job much quicker and more efficiently."

Thank you to Hunters Hill Council for your ongoing support.



Picture: ECG Coordinator Manager, Lynda Wightman



Pictured L-R: Mary Ellen Housego, Stephen Latham, Lynda Wightman, Christine Wyness, Malinda Fraser, David and Wendy Ralph



What?

Bring a Friend to The Garden

When?

The month of July

[Click here](#) for more information



INTERNATIONAL DAY OF FRIENDSHIP

—30th JULY—



HAPPY BIRTHDAY

What?

Easy Care Gardening's 35th Birthday!

When?

Tuesday, 8th August 2023

[Click here](#) for more information

Meet Dushan!

Dushan Punchihewage joined our Garden Coordinator team on Tuesday 13th June. Dushan is working full time and is a qualified Horticulturist. His work history includes Oasis Horticulture, Frenchams Group and the Pacific Building Management Group.

Please welcome Dushan!



The Green Crew Corner

ATTENTION VOLUNTEERS!

WANTED - Mulch Delivery Driver (Casual)

Seeking expressions of interest from our volunteers with a **competitive per hour pay rate on offer to the successful candidate!**

Requirements of the role:

- Current and valid car driver's licence
- Able to load mulch into 6x 4 ft trailer or bags from local council mulch location (Macquarie Park/Pennant Hills/Hornsby)
- Experience backing trailer including from major arterial roads onto clients' properties
- Able to commit to 1 day per week and to complete the paper work required for deliveries of mulch

For more information email Peter Cocks (Operations Manager)

operations@easycaregardening.org.au



Don't forget to send any EOFY Claims/Expenses to your Garden Coordinator **by 7th July**

- Remember to send your pictures in for the chance to **win a \$50 Bunnings voucher!** Email us at info@easycaregardening.org.au
Images of weeds will need a tape measure showing the true size of the weed. The winner will be presented with the prize at the ECG end-of-year celebrations.

HERO of the Month



The Saturday Team

The definition of the word Volunteer according to the Oxford Dictionary is, "a person who freely offers to take part in an enterprise or undertake a task" or "a person who works for an organization without being paid".

It's a commendable thing for one to give up their time, but to give up their time on a weekend due to work or other commitments through the week, is another level of generosity.

Having a Saturday team enables those who wish to volunteer but don't have time on a weekday, to be able to do so. Many of the Saturday gardens require teams of at least eight to be able to undertake the scope of work and it often requires several visits to restore the gardens to be a safe environment for clients as well as be manageable to maintain.

The Saturday team also facilitates opportunities for schools to be able to volunteer. Recently the team welcomed back students undertaking the volunteer component of the Duke of Edinburgh program. With a parent present, the students have much to gain as they learn about the different types of gardens and develop new skills as they work alongside the regular team members.

A student named James has been grateful for his experience in the garden, "I volunteer to work towards my Duke of Edinburgh Award and to make a contribution to my community."

A huge thank you to all of our volunteers who are part of the Saturday team. The generosity of your time and the enthusiasm you bring to each garden is something to be commended and recognised.



Pictured L-R: Fran Thorp, Linda Gilchrist, Rosalie Coe, Marjorie Caws, Carol Pendrick, James Davidson, Julie Doyle, Kylie Hollinshead and Margaret Morgan

"I enjoy meeting new clients each week and being able to make a big difference to their lifestyle by making their garden manageable and presentable. I also enjoy making new friends with the volunteers and meeting a diverse range of people from all walks of life with a common love of gardening. You give a lot but get a lot back in return."

Marjorie, volunteer team leader



Image: a garden that has been weeded and mulched

**If you are interested in becoming a volunteer,
[click here for more information.](#)**

Support Us



Easy Care Gardening is a not-for-profit organisation that relies on volunteers to ensure its work in the community can continue. **If you can spare 3 hours of your day to volunteer, [click here for more information](#).**



Whilst we do receive funding from the Commonwealth Government, it is not sufficient to cover all of our administrative costs and the purchase of new tools and equipment. Your donation today will help countless elderly residents keep living longer in their own home. **Donate now** to Easy Care Gardening using a credit card or PayPal, [click here](#) to make a secure payment. For other ways to donate click [here](#). Donations of AUD\$2 or more are tax deductible.



Tip of the Month - by Daniele Di Paolo

While the temptation may be to stay indoors on those cool winter days - and we sure have had some cold mornings in recent weeks - it is also a great time to get out in the garden and attend to some tasks that are best handled in cooler weather.

Number one on the list is to get on top of pruning. Overgrown hedges and large shrubs that have finished flowering will benefit from a haircut to keep them at a manageable size, reshape them and promote new growth when the days get warmer.

Winter is also the time to give roses their annual prune, following these basic steps for best results: cut off the top third of the rose bush; remove old, dead or diseased canes; cut out twiggy growth; take out inward growing stems (to let air and light back into the centre of the bush); and reduce thick, strong stems by about half their height.

Ensure that your tools are well sharpened before tackling any pruning, as this will make the job easier and minimise damage to the plants. Happy pruning!



If you have an idea, or simply want to share feedback, we would like to hear from you. Contact us at info@easycaregardening.org.au or Phone (02) 9983 1644