



Providing Volunteer Gardening Services since 1988

The latest news and announcements from Easy Care Gardening

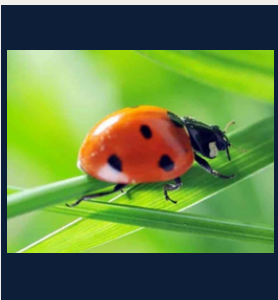


Recipients of the Perpetual Awards, Doug Jamieson with Suzanne Saunders presenting the Kathleen Ciemiega Award, and Peter North Ash (right) with Denise Self presenting the Brian Self Award

In this edition



- **2023 AGM**
- **Welcome Tom White**



- **What's On**
- **Green Crew Corner**



- **T.E.A.M in Focus**
- **Tip of the Month**



Easy Care Gardening AGM 2023

The Easy Care Gardening Annual General Meeting (AGM), held on the 20th October this year, was an opportunity for stakeholders to meet and discuss various topics including reporting on the organisation's activities and finances for the previous year. It was also an opportunity to elect members to the organisation's governing body, otherwise known as the management committee and present the awards for outstanding service and achievement by our incredible volunteers.

This year a number of volunteers reached milestones for years of service and the annual Perpetual Awards were also presented. It was a challenging task to separate the nominees for the Perpetual Awards, with so many volunteers nominated. The recipient of the Brian Self Award for Significant Service was awarded to Peter North Ash and the Kathleen Ciemiega Award for Dedication to our Values was awarded to Doug Jamieson. Congratulations to both gentlemen for this outstanding achievement. The trophies were presented at the AGM and the perpetual trophies have been updated and back in place at the entrance of the Easy Care Gardening office.

The full list of recipients are as follows:

3 Year

- Lorraine Crowfoot
- Dorothy Dellosa
- Julian Gallardo
- Jan (James) Kan
- Ping Ching (Sabrina) Kan
- Tim Kennings
- Daniel Kosasih
- Haritha Kutagola
- Egar Leslie Leong
- Jonathon Mok
- Fernando Ordonez
- Sonia Rado
- Jonathan Smit
- Caroline Soh
- Nicole Tubman

5 Year

- Mitch Harris
- Robin Kippax
- Andre Kohler
- Deirdre Lanskis
- Caitlin MacKrill
- Timothy Sjoquist

10 Year

- Lisbeth Allen
- Kevin Allport
- Suzanne Bowen
- Katherine Brailey
- Marie Clarke
- Jutta Filla
- Peter Garrard
- Mary Ellen Housego
- Douglas Jamieson
- Angela Johnstone
- Norma (Pat) Leverett
- Monica Poole

15 Year

- Linda Gilchrist
- Maria Harrington
- Peter North Ash
- Carol Pendrick
- David Ralph
- Wendy Ralph
- Anne Marie Rubenach
- Ian Stuart
- Pam Surman

20 Year

- Philip Hayes

30 Year

- Marjorie Caws



Marjorie Caws (left) with Volunteer Manager Coralie Jensen

Congratulations to all our volunteers for their outstanding service to the community and for their commitment to working with Easy Care Gardening.

Tom White - New ECG Manager

Welcome



Hi - I'm Tom White, the new Manager at ECG.

I'm really excited to be here at ECG and working alongside our passionate and committed team of staff, volunteers, partners and our committee.

I've worked in 'for-purpose' organisations for over 20 years, in the UK and from 2013 in Sydney, Australia. This includes services and programs for people with a disability, young people, and people experiencing homelessness and mental health. I'm also studying an MBA in social impact and am passionate about social justice and putting people first.

I love the outdoors and sports and have played community soccer for several years.

I look forward to working with you all.

Tom

What's On



'The barbershop' is an initiative run in partnership with City of Ryde and Meadowbank TAFE which looks at tackling men's issues in an environment that most men are familiar with... a barbershop!

Each week in November you will hear from different speakers on topics that men may not often talk about but could be looking for some guidance on how to tackle. Meet other like-minded people and while you're there, get a free haircut and grab a feed. [Click here for more information.](#)

Sydney Edible Garden Trail is a once-a-year urban edible garden trail run throughout Metropolitan Sydney, celebrating the many ways that Sydney residents are creating food security, building self-reliance, saving money and the environment, while enjoying the health benefits of homegrown fruit and veg.

This volunteer-run, community not-for-profit event will utilise profits for building and improving school and community edible gardens. **Tickets and more information are available [here](#).**



Held in Eastwood Plaza every Saturday from 4pm-10pm, **Eastwood Night Markets** offers 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](#).**



Core Skills: Basic Computer Skills course will give you the basic computer skills you need for work, study or in the community. You will also build confidence in a small supportive group. Topics covered may include:

- Online safety
- Develop keyboard skills
- Operate a computer
- Filling out online forms
- Create and format word documents.

Laptops will be provided during the sessions but you are welcome to bring your own. [Click here](#) for more information.





The Green Crew Corner

ATTENTION VOLUNTEERS!

WANTED - Mulch Delivery Driver (Casual) 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 Paul Cripps, HR Manager
hr@easycaregardening.org.au

WANTED - VOLUNTEERS AVAILABLE ON MONDAYS

Volunteers are always welcome, however we have an immediate need for volunteers available on Mondays and able to work in and around the Cherrybrook, Westleigh, Thornleigh and Beecroft areas. Please let your team leader know if you know anyone who may be interested.

Remember to send your pictures in for the Tallest Weed Competition, 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.



T.E.A.M in Focus



The Monday “DreamTeam”



Pictured L-R: Brian, Aaron, Wayne, Mimi, Marjorie, Mike and Chris

The team and their clean up haul at a client's garden

All volunteers who come to Easy Care Gardening (ECG) are welcome and very much appreciated, however it's the stories of how they come to volunteer with us that are so unique. Take the team from GHD for example. Two years ago, Wayne Schmiedte, who was then a GHD employee, approached his business to add ECG to the list of charities that employees could volunteer for. Working for a company so heavily focused on community and the environment made for an easy sell when ECG was brought forward.

Wayne brought with him a team of engineers, including Marjorie Taylor, a technical director with GHD. Marjorie enjoys combining her efforts towards giving back to the community and connecting with the client, who may need the social interaction and someone to speak to. She says that “working with Easy Care Gardening provides us with a great opportunity to support elderly people who may feel isolated, as well as caring for the environment in a sustainable way. It is always beneficial for people to connect with people, nature and be outdoors.”

Marjorie is not wrong. People who volunteer have a reduced risk of heart disease including cardiac arrest and reduced risk of stroke. These are just two of the major impacts giving can have on your lifespan.

Today, the GHD “DreamTeam” continue to volunteer quarterly. ECG Garden Coordinator Jennifer Nahkla enjoys working with this team. With a lot of the team bringing their enthusiasm and energy, each garden is left immaculate and the client too is left feeling happy and fulfilled, having had the team's wonderful company.

“I love being outdoors, tidying up (the client's garden) and the great feeling of helping others and doing something good for the environment.”

*GHD Corporate Volunteer
Marjorie Taylor*

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

Ladybirds, ladybeetles, ladybugs, whatever you may call them, we all know those cute little insects that roam around your garden in the warmer months and are often thought



of as a symbol of good luck in some cultures. There are about 6000 species of ladybirds in the world, with around 500 species in Australia. Despite being one of the most loved insects in the backyard they are one of its most voracious predators. Aphids are one of their favourite meals, and their big appetites help to keep your garden healthy.

To encourage them to live in your garden and increase their populations, plant herbs like coriander, fennel and dill. Build a simple ladybird house in your garden so they have somewhere warm and safe to shelter or lay eggs. You can even give ladybirds an occasional tasty treat by mixing some honey with water and a little brewers yeast and spreading it around the garden.

Avoid using any insecticides or chemicals in your garden which will kill ladybirds, their larvae or their eggs. Try not to water your garden during the hottest part of the day as the water will evaporate before the ladybirds have had enough to drink. Follow these tips and you'll have these critters fluttering in your garden all summer.



If you have want to share some feedback, or nominate a volunteer/team we would like to hear from you! Contact us at info@easycaregardening.org.au or Phone (02) 9983 1644