



Thriving through connection in the community since 1988

The latest news and announcements from Easy Care Gardening



Earth Hour is a worldwide movement organised by the World Wildlife Fund (WWF), held annually.

In this edition



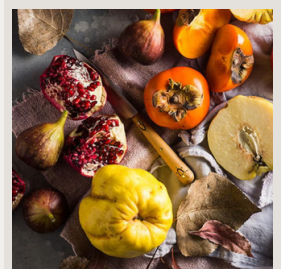
- **Earth Hour Challenge 60 Winners and entries**



- **What's On**

- **ECG OOH**

- ***Tip of the Month***



Earth Hour Challenge 60

Earth Hour started in Sydney in 2007 and has since grown to become the world's largest movement for the environment, with over 190 countries and territories participating annually to raise awareness. For Earth Hour 2024, people across Australia raised funds to combat climate change and biodiversity loss by taking part in Challenge 60. Earth Hour has always drawn its power from the people.

Over the month of March Easy Care Gardening (ECG) took part in this global initiative by encouraging volunteers and clients to come together to show each other how the smallest of tasks can make a real difference. To recognise these efforts of connection in the community, each volunteer and client who made a submission received a \$20 Coles voucher, and the volunteer team with most entries received a team lunch valued at \$350.

Thank you to all the amazing participants who took on the ECG Earth Hour Challenge 60. Your dedication and enthusiasm for mother nature and your community has been truly inspiring.

Congratulations to the following participants for their efforts!

Recipients of a \$20 Coles Voucher

- Steve Griffiths
- Jon Smit
- Jutta Filla
- Uma Bashyal
- Scott Harris
- Jo Toomey
- Richard Dean
- Eli Reilly
- Vicki Budden
- Denise Elliot
- Kathryn Trovato

The Winning Team known as the 'Thursday Earthworms' who will enjoy a team lunch to celebrate their efforts:

- Steve Griffiths
- Jon Smit
- Jutta Filla
- Uma Bashyal
- Scott Harris
- Jo Toomey
- Richard Dean
- Eli Reilly
- Vicki Budden
- Kathryn Trovato

Special congratulations to **Denise Elliot** who has also won a \$50 Coles Gift Voucher. Denise brought along a new volunteer to the garden for this initiative, who has then signed on to be a regular volunteer for ECG.

Congratulations again to all those who participated.

In true celebration of these efforts, we have chosen some entries to showcase for the Earth Hour Challenge 60.

Earth Hour Challenge 60 Entries



Steve Griffiths recycled old boots for planting



Jo Toomey made herb labels from recycled wooden sticks



Larissa Hansen repurposed an empty fish bowl into a terrarium with easy maintenance succulents



Vicki Budden made a natural mosquito repellent by spiking cloves into limes



Uma Bashyal planted violets in the garden for use in cooking



Katie Trovato recycled a toilet roll to replant cuttings from garden waste to replant back into the garden

What's On



Ku-ring-gai council is hosting a series of free Tech Savvy Seniors workshops at Gordon Library. You will learn how to develop skills and confidence using computers and the internet. Available in English, Mandarin and Korean. More information [here](#).

Chipping for Mulch – Mt Kuring-gai. Hornsby Shire council residents, bring along your garden prunings and branches to Council Depot, 5 Beaumont Road, Mt Kuring-gai for a free chipping service and take-home mulch. More information [here](#).



National Youth Week is an opportunity for young people (12-24yo) to share ideas, attend live events, have their voices heard on issues of concern to them, showcase their talents, celebrate their contribution to the community, take part in competitions and have fun! More information [here](#).

St Ives Showground Market is held every Saturday as a country style Farmers market with fashion, gourmet food, plants, flowers and locally made artisan crafts. More information [here](#).



Riverglade Reserve community planting has a mission to plant 300 native grasses and groundcovers, with occasional Melaleucas and vines, to enhance the habitat corridor running along the lower Parramatta River. More information [here](#).

City Nature Challenge - Hunters Hill Council has joined the Greater Sydney area to take part in the City Nature Challenge, which is an international effort for people to find and document plants and wildlife in cities across the globe, through the citizen science platform, iNaturalist. Join in, discover and record as many plants and wildlife as possible between Friday 26 April to Monday 29 April 2024. More information [here](#).



Easy Care Gardening goes Out of Home (OOH)

Over the next few weeks you may start to see an increased advertising presence by ECG in an effort to attract more volunteers. The ECG manager along with the marketing and volunteering managers, have together been working to conduct a series of phone interviews to discover what exactly has brought our current volunteer base to ECG and what keeps them volunteering.

A study from 2007¹ details the reasons why people volunteer - “Classic volunteers” who want to do something useful, have a desire to help others, and gain personal satisfaction. “Dedicated volunteers” are motivated by a wide and less focused range of reasons. “Personally involved volunteers” volunteer because they know someone in the organisation, such as a relative. “Volunteers for personal satisfaction” and “altruists” mainly want to help the community, and “niche volunteers” have a few specific and less common motivators, such as gaining work experience. The classic volunteers and the dedicated volunteers were somewhat older than the other groups and included more people who were not part of the current labour force. Volunteers from these two profiles also seemed to be most active, spending more time on volunteering than volunteers from the other profiles. With these findings in mind, an analysis of the existing ECG volunteer base showed that the majority of ECG volunteers are either retired or semi-retired from the workforce, with the main motivators for volunteering being a desire to have renewed purpose after retiring from the workforce, to continue to keep active and a desire to remain socially connected.

It’s these key insights that are behind the marketing and advertising assets you will see in and around the Hornsby, Ku-ring-gai, Hunters Hill and Ryde areas. From a doctor’s surgery waiting room and a bus shelter, to the local gym and a digital screen in a corporate lift, keep your eyes peeled as we get in front of the community to encourage them to spend a few hours in their week to volunteer with us.

1. Dolnicar, S. & Randle, M. J. (2007). *What Motivates Which Volunteers? Psychographic Heterogeneity Among Volunteers in Australia*. *Voluntas: International Journal of Voluntary and Nonprofit Organizations*, 18 (2), 135-155.

Stay **active** and
remain **connected**
while you lend a
helping hand



[EasyCareGardening.org.au](https://www.EasyCareGardening.org.au)

Easy Care Gardening helps enable residents to maintain safe and sustainable gardens, living fulfilled lives at home for longer. Our work is focused in the Hornsby, Hunters Hill, Ku-ring-gai and Ryde areas.

*Seven-second digital ad as seen in
Fernwood Gym, Hornsby*

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

Autumn is here once again, bringing with it cooling temperatures which means completing a few gardening tasks to ensure your garden is

winter-ready. These months are a great time of year to get your garden in order for the winter ahead.



Fertilise

Autumn is the perfect time to fertilise your garden, as the soil is still warm and moist from summer rains. Fertilising at this time will help your plants get a healthy start as they enter the winter months. This is also the time to fertilise your lawn and get it ready for the cooler season.

Grow suitable veggies

If you have a year-round vegetable garden, some veggies that can be good to plant in the autumn months include broccoli, cauliflower, garlic, spring onion, cabbage, carrot and kale. The veggies you choose to grow may vary depending on where you are living.

Improve soil

Understand the type of soil you have and you'll know what to add to it for improvement. Add organic matter such as compost or manure, and mix it in well with the existing soil. This will help to improve the quality of your soil and make it ready for additional planting in the spring.



We want to hear from you! Contact us at info@easycaregardening.org.au or Phone (02) 9983 1644