

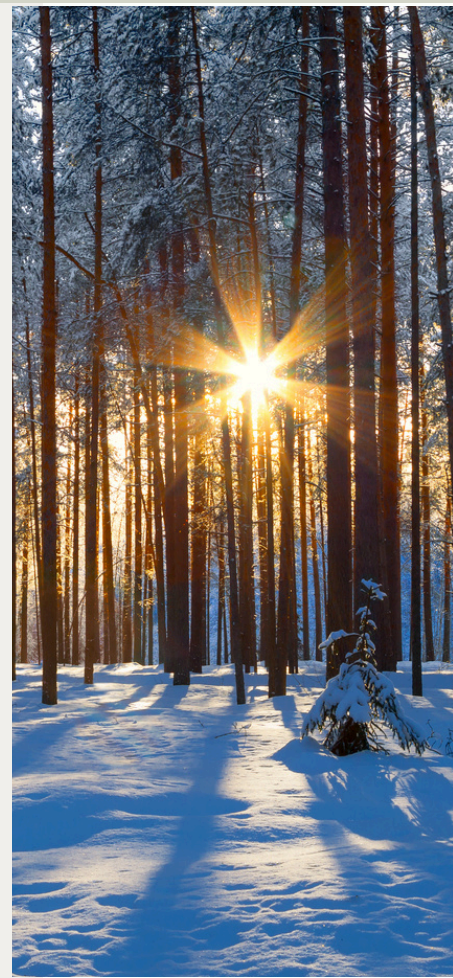
Thriving through **connection** in the community since 1988

The latest news and announcements from Easy Care Gardening



In this edition

- **International Day of Friendship, 30 July**
- **What's On**
- **Green Crew Corner**
- ***Tip of the Month***
- ***Team in Focus***
- ***Recipe Corner***



International Day of Friendship - July 30, 2024

The International Day of Friendship was publicly recognised in 2011 by the United Nations (UN) General Assembly with the idea that friendship between peoples, countries, cultures and individuals can inspire peace efforts and build bridges between communities.¹

To mark the International Day of Friendship the UN encourages governments, international organisations and civil society groups to hold events, activities and initiatives that contribute to the efforts of the international community towards promoting a dialogue among civilisations, solidarity, mutual understanding and reconciliation.



At Easy Care Gardening every day in the garden reflects the true spirit of friendship as volunteers, clients and partners gather. Through their social connection and shared learning as they work towards a common goal to create a safe and manageable garden for the client, they follow one of the six critical elements for creating a Culture of Peace as proclaimed by the UN at the General Assembly - *Recognising the relevance and importance of friendship as a noble and valuable sentiment in the lives of human beings around the world.*



This July Easy Care Gardening is inviting volunteers to celebrate International Friendship Day by bringing a friend or family member to volunteer in the garden. All friends and family are welcome to come along. Each current volunteer who brings someone along to the garden in the month of July (including participating friend/s) will receive a small gift to celebrate!* For more information click [here](#).

¹ Source: United Nations Proclamation Agenda item 15: *Culture of Peace*

What's On



School Holiday fun - Camping and cooking.

Come along for a day-camping experience. You'll pitch your own tents in a special Bush Campground, and enjoy a day of adventures and challenges to learn outdoor skills such as compass work and BBQ cooking.

More information [here](#).

Film Heritage Academy presents Shakespeare on

Screen. A William Shakespeare 460th Anniversary Tribute presented by the Film Heritage Academy.

From the silent cinema to contemporary filmmakers, the timeless power of Shakespeare's rich treasures has transformed the narrative and visual content of cinema. More information [here](#).

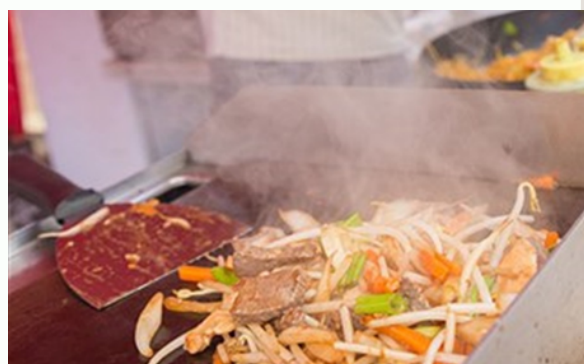


Plastic Free July: Beeswax Wrap Workshop

Learn, create and grow your beeswax wrap skills in this practical hands-on workshop for 16+ years for Plastic Free July. Help us celebrate Plastic Free July! More information [here](#).

Eastwood Night Markets Eastwood Held in

Eastwood Plaza every Saturday from 4pm-10pm (excluding Saturday 19 October 2024) 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](#).



NAIDOC Week: Walk on Country. Come along for a Walk on Country on Wednesday 10 July from 2pm to 3.30pm, in celebration of NAIDOC Week. The walk will commence from the Henley Community Centre Car Park and continue through the Gladesville Reserve bushland. More information [here](#).

Lifeline Connect is a free service staffed by skilled, compassionate and non-judgmental Lifeline volunteers. In a confidential, safe space, a trained supporter will listen in a non-judgmental and caring way. Presented in partnership with Hornsby Shire Council, residents are invited to drop in for a chat and seek the support they need.

More information [here](#).





We're Hiring - Garden Labourer Needed!

The Garden Labourer is a great opportunity to be part of our team, providing essential garden products to our garden staff and volunteer teams.

Duties will include but are not limited to:

- Driving the company vehicle and trailer to different sites which are designated collection points throughout the Hornsby, Ku-ring-gai, Ryde and Hunters Hill council
- Loading and unloading of mulch and other materials as required
- Pruning, mulching
- Provide assistance for routine basic maintenance and tidiness on work areas, tools, vehicles and equipment
- Carry out other general labour duties as assigned
- Part-time - 2 days per week

Click [here](#) for more information.

Tip of the Month



The excuses you make to yourself over the next few months may range from, "It's too cold to work out!" to "I'm too busy for any activity!" Yes, it can be tough to get motivated when the wind is howling, but don't give up all thoughts



of staying active – indoors or out. A little planning will help you get through the winter months ahead. Here are some ideas to keep you moving:

Find a fun activity. As the seasons change, explore new outdoor activities such as a team sport you've never played or get a workout buddy to stay motivated.

Insulate your body. The best approach to dressing for outdoor activity is with layers. Layering provides the most effective way to stay warm and dry. Plus you can remove the top layer if you get too hot.

Stay fit at an indoor location, like a mall. If you need extra motivation to get yourself going, join a walking group. Or start your own with family and friends.

Climb stairs. Either at home or in your workplace, spend as little as five minutes at a time climbing up and down the stairs for a very intense and efficient workout.

Sign up for local community activities. Choose from a wide variety of classes – from aerobics and badminton to basketball and yoga or volunteer with Easy Care Gardening to get you outside and off the couch.

T.E.A.M in FOCUS



On a cold winter's morning a group of volunteers rallied together to help us produce a series of interviews and images that will later form part of an advertising campaign celebrating the true essence and spirit of the Easy Care Gardening (ECG) volunteer.

The campaign will be aimed at potential volunteers who might be missing social connection or perhaps wanting added purpose to their already busy lives. Our volunteers are living proof of this very concept. Even on this dreary and wet Friday when most of the



L-R: Kaz Abramowicz, Anthony Kee, Eli Reilly, Monica Poole, Ian Stuart, Kerry Roberts, Nathaniel Delgado, Jutta Filla, Jo Toomey, Bailey, Katie Trovato, Jon Smit

group had already given their valuable time that week to volunteering in the garden, they showed up again to help ECG tell its story. Their individual stories speak of not only the benefits of giving up some time to help others, they speak of their individual joys, satisfaction and overall impact on their lives.

There's Jutta at 81 years young who has volunteered for over 11 years. "Why should I sit at home being a couch potato when I can enjoy being outside in the fresh air." Anthony Kee and Ian Stuart both have a passion for bushwalking and Cycling respectively, and also volunteer for other charitable organisations. There's also Kaz at 75 years young who volunteers four times a week and still finds time to play tennis. Katie Trovato and Jo Toomey both still work and have busy family lives but find volunteering to be of great value and have made great friends in the process.

"Why should I sit at home being a couch potato when I can enjoy being outside in the fresh air."

Jutta Filla, ECG volunteer

The biggest decline in volunteering was seen in the age bracket of 15-40 and 41-65. Interestingly the rate of those volunteering aged 66+ has gradually increased.¹

Like many not-for-profit organisations, Easy Care Gardening is not immune to feeling the impact of the decline in volunteering and government funding. With an ageing population, the need for our services is increasing, therefore meeting the demand is not only essential for the survival of the organisation, but for the wellbeing of so many people. Thank you again to this special group for their time and effort. We hope to give your stories the credit they deserve.

1. *The Decline of Formal Volunteering in Australia (2001-2020): Insights from the HILDA Survey*

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 older residents keep living longer in their own home.

To donate now to Easy Care Gardening click [here](#). Donations of AUD \$2 or more are tax deductible.

Recipe Corner

Choc-caramel self-saucing pudding by Kim Coverdale



The perfect decadent winter dessert!

Step 1

Preheat oven to 180°C/160°C fan-forced. Combine flour, cocoa, sugar, butter, milk and choc bits in a bowl. Stir until smooth. Spread into a 10-cup capacity ovenproof dish. Make shallow holes in top. Fill with caramel. Using a spatula, spread top of batter to cover caramel.

Step 2

To make the sauce, combine cocoa powder, boiling water and brown sugar in a heatproof jug. Stir to combine. Pour sauce, over the back of a large metal spoon, over batter.

Step 3

Bake for 35 to 40 minutes or until top of pudding is just set. Stand for 5 minutes. Dust with cocoa and serve with vanilla ice cream or whipped cream.

Ingredients

- 1 & 2/3 cups self-raising flour, sifted
- 2 tbs cocoa powder, sifted
- 1 cup caster sugar
- 125g butter, melted
- 1 cup milk
- 1/3 cup white chocolate pieces
- 1/2 x 380g can caramel Top'n'Fill ¹
- Cocoa powder, to serve

Sauce

- 1 tbs cocoa powder, sifted
- 2 cups boiling water
- 1/2 cup brown sugar

1. Top'n'Fill can be found in the baking aisle of the supermarket

Source: Taste.com.au



We want to hear from you! Send us your recipes, tips and tricks to be featured in the newsletter. Write to us at info@easycaregardening.org.au or Phone (02) 9983 1644